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REPORT

Why eSports are taking over the world

FEATURE

WILL PABLO ESCOBAR EVER DIE?

GUIDE

HOW TO BE

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- Kyle Brown
- J'Something
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- Leon Bridges

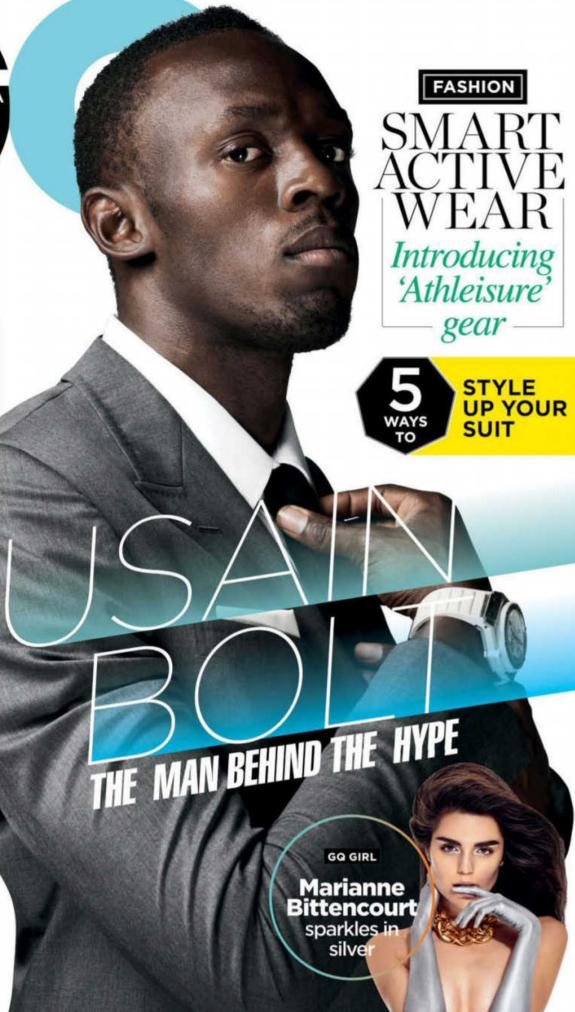
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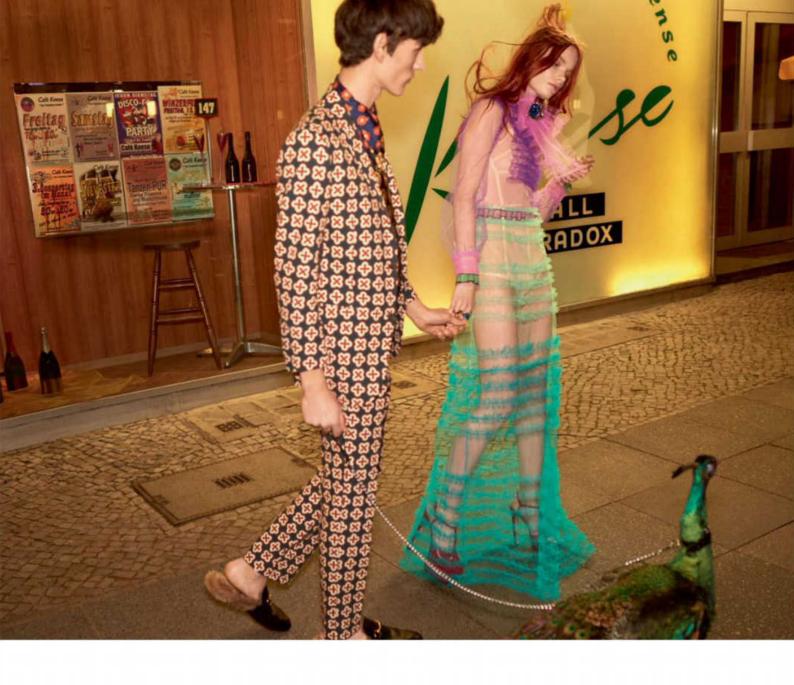
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MARIANNE BITTENCOURT
PHOTOGRAPHED BY BRANISLAV SIMONCIK







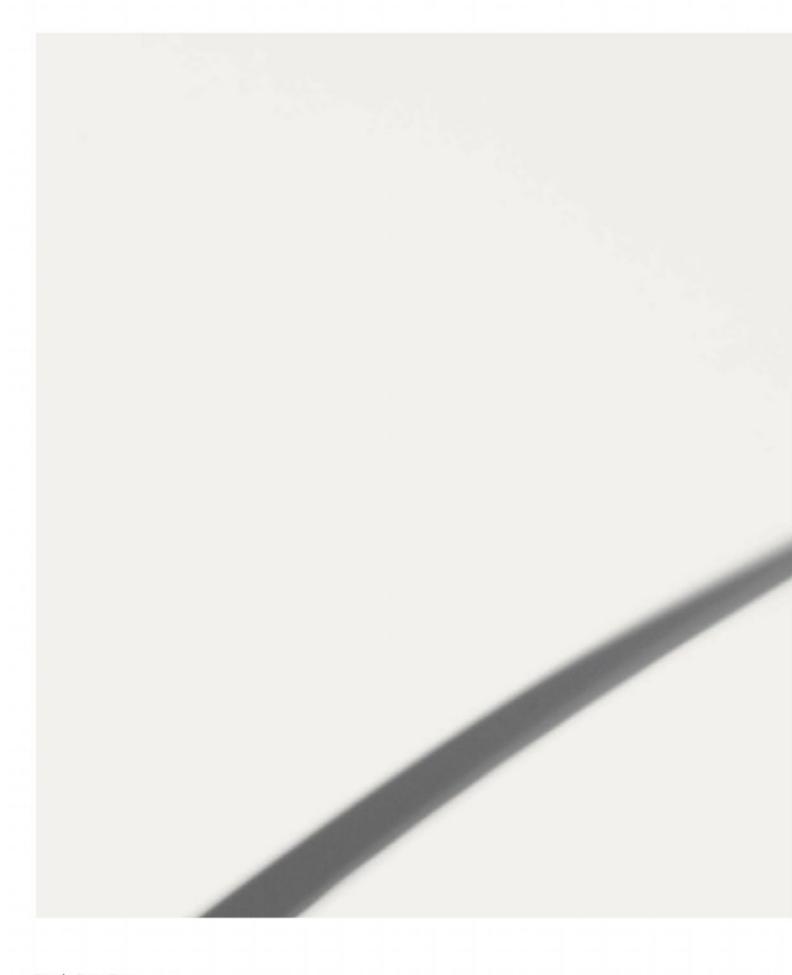




GUCCI









LOUIS VUITTON





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More ways to be a better man, give back and save the environment



Groomed: The best and worst hair styles of 2016 so far



Play it smooth(ie): Weekly recipes for

better health

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PHOTOGRAPH BY MORNÉ VAN ZYL AND GRANT CORNETT

etter Editor



The creed of speed

HAT EVER HAPPENED TO THE SLOW-FOOD **MOVEMENT?** It had to

speed up to survive, that's what. If you look at how tapas-style eating is fast catching on, then speed - even when it comes to food - is a necessity. On the finance front, a trade that 10 years ago would have taken 24 hours can now be done in a fraction of a second. Those with access to the markets earlier have a few sub-seconds advantage to make a killing. It's known as high-frequency trading in dark pools, and happens so quickly that, officially, its existence is being denied.

Tech is all about speed, power and costs. and that makes for a confusing consumer mix. Should you ditch your linear TV for a streaming UHD device that is not DSTV? Will OTT (over-the-top) calls that are free with data or WiFi replace voice calls that are not? Can a beer can really boost your WiFi? And why are most wireless headphones still so kak? Our quick guide to the tech that may be overwhelming you every two or three milliseconds is on p32.

A man who's only too well aware of the benefits of a few sub-seconds is Usain Bolt. Paul Sephton took a little time out of the sprinter's Olympics training schedule to ask him how he copes with being the fastest man on Earth (p74).



Our exclusive with Usain Bolt - p74

eSports is now the fastest growing competitive pastime. A global audience of 150 million will generate revenues of about \$500 million this year, up 25 per cent from last year. If you don't know too much about it, that's because online gaming has hung on to its subcult status. Aléz Odendaal tells you more on p80.

There is no substitute for integrity as a means of inspiring people to do good work. But being good can be a moral minefield. Anybody who's bought green or organic knows that stores have no scruples in doubling prices on these goods. On p90 we explain how to be good and feel better for it.

Craig Tyson

Editor, South Africa's most stylish men's magazine

The fastest way to looking good, at GQ.co.za

Contributors



Branislav Simoncik Photographer

Pages 70 - 73

Simoncik made his start in documentary photography, was awarded the Fuji Press Prize in the sport category, and has now made the transition to fashion photography. In his a new niche. he has shot top models for covers of several international titles.



Jesse Katz Writer

Pages 84 - 88

Jesse Katz is a Los Angelesbased writer and the author of the memoir The Opposite Field. His work appears regularly in Los Angeles magazine and The California Sunday magazine. He began his career at the Los Angeles Times, where he shared in two Pulitzer Prizes.



Josef Fischnaller **Photographer**

Pages 95 - 102

The Berlin-based photographer shoots mainly high-end fashion, opera and film stars. His solo exhibits are opulent spectacles that have won him multiple awards and much prestige in the industry.



Megan Playton Syndication Manager

Pages 10 - 120

Megan handles syndication at GQ, bringing readers top-class images and stories from photographers, authors and personalities from the around the world. Back home, she enjoys watching Premier League footv.

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LIKE A CHAMP

Dear GO,

I'm a big fan. Each year keeps getting better – of course no disappointment comes to mind, especially with this month's mag. The fashion guide really helped me find a decent pair of summer shorts, so I thank you. A must-read was the interview with Michael B Jordan. What a GQ guy. I truly admire his work ethic and what he has accomplished so far. He's worked hard to get where he is today, and it just shows you that through any situation you have to try and rise up like a champ. The best quote was 'it goes like it goes'. Keep it up, GQ.

Rowan wins a pair of Ray-Ban flash lens sunglasses worth R2 060

- Rowan van Blerk

Lip Sync Battle: a GQ wishlist

After seeing
Channing and
Jenna DewanTatum pull out
all the stops in
their Lip Sync
Battle showdown
– including
Beyoncé's fiery
cameo – we got
to thinking about
what duos we'd
like to see take
the stage next.



Spider-Man and Lionel Richie 'Dancing on the Ceiling'



Caitlyn Jenner and Britney Spears 'I'm Not a Girl, Not Yet a Woman'



Donald Trump and India Arie'I Am Not My Hair'



Jacob Zuma and Jennifer Hudson 'And I Am Telling You I'm Not Going'



Angela Merkel and Rihanna 'Bitch Better Have My Money'



Mos Def and Lenny Kravitz '(I Want To) Fly Away'

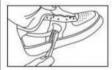


Lindsay Lohan and The Weeknd 'Can't Feel My Face'

5 STEPS TO MAKE YOUR TRAINERS LOOK



1. Sparkling lacesDirty laces plus H2O, bleach and detergent equals squeaky clean.



2. OutsoleSpritz with soapy water and scrub with an old toothbrush.



3. Bring on the shineUse a little smooth peanut butter - the oils make plastic pop.



4. Extreme stainsLighter fluid. Yup. But remember that a little goes a long way.



5. Mist-er clean Use stain-resistant mist against future mishaps.

Netflix and chill: how to do it right

It's so cute when teens come up with language for something the rest of us have been doing for years, like self-portraiture or standing sixtynine. Such is the case with 'Netflix and chill,' the hookup term du-sort-of-jour. Netflix and chill is what it sounds like: the time-honoured tradition of inviting a date to watch a movie at your place so you can be in some kind of recumbent position together. Simple, sure, but it requires

some finesse. Know this: the key to Netflix and chill is the chill.

Don't choose to watch anything either too unsexy or too sexy, because nobody needs the pressure that comes from the advanced sexual antics of *The Americans* or sci-fi shows with blow-job-bots. Let some tension build before making your move, even if there's serious hand-creeping going on under the vintage handwoven throw blanket



Practice safe browsing. R170 (exchange-rate dependent), netflixandchillcondom.com

you're sharing. Finally, wait until you're certain nothing mood-killing will happen – for the next 20 minutes or so. – Julieanne Smolinksi
Get our list of recommended viewing on page 120.



A L'ORÉAL PARIS MEN EXPERT HAMPER WORTH R1 100

Get a fresh start to the day with Hydra Energetic Taurine Moisturiser, the energy tonic for your skin. If you suffer from spots, blackheads, oily skin, roughness or marks, charcoal-enriched Pure Power is the solution for you, helping to fight all five signs of facial imperfections.

TO ENTER, send us your feedback on anything you've seen in the mag or online (maximum 150 words) along with your full name and ID number. Competition ends 31/3/16. Terms and conditions apply; see pg119.





JRBERR

Bondon, England

Y DIAMOND WALK, JOHANNESBURG, RK CORNER, JOHANNESBURG, WATERFRONT, CAPE TOWN SANDTON C HYDE PA V&A V







ULTRA LIGHT. ULTRA STRONG. Chas Christiansen / Urban Cyclist



yle Brown's value to the Springbok Sevens side – voted Team of the Year at the 2015 SA Sports Awards – cannot merely be measured in terms of the number of tackles he makes, rucks he hits or metres he runs. The powerful forward, who debuted for the Blitzboks in 2008, has grown in stature as a player and leader. He's disciplined, fiercely committed to the team cause and walks the talk as captain.

'The pillars of a successful rugby team are built on selfless hard work,' the 28-year-old tells GQ. 'I'm only where I am today, because everyone around me wants to work as hard as I do.'

Brown is something of a late bloomer in the sense that he never played Craven Week and by his own admission 'was not a superstar at schoolboy level'. However, he's created a niche for himself in the seven-man sports code.

'The pillars of a successful rugby team are built on selfless hard work'

The Stellenbosch native, who cleans up well after sweating bullets between the four white lines, says he is all about feeling comfortable in what he wears, but enjoys dressing well.

'My wife Tarryn makes sure that I look decent when I go out,' he reveals. 'I ensure that I have a tailored shirt and pants.' Many of his teammates love baggy clothes, which he says is a fashion faux pas.

Married life is treating Brown well. He and his wife honeymooned in Italy and Croatia, and have plans to add to the family in the near future. But for now, world domination on the Sevens circuit and the 2016 Olympics in Rio are front and centre.









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The British host of Last Week Toniaht doesn't iust poke fun - he starts campaigns. But do they have any impact? GQ investigates...





NET NEUTRALITY

What he did: Made the incredibly dull subject of net neutrality - which would see tech companies pay for faster connections fascinating, and saw the skit go viral. He called on his viewers to comment on the Federal Communications Commission's offical site: 'Turn on caps lock and fly my pretties. Fly!'

What good it did:

Crashed the FCC site; in total, they received more than 3.7 million comments, and an open meeting began with a mention of the show. The FCC chairman, Tom Wheeler, was even forced to defend himself against Oliver's comments. By the time you read this, the FCC will have voted...



What he did: Wrote a skit about American companies cramming sugar into even the most unlikely products.

Oliver then demanded companies display their added sugar in the form of candy 'circus peanuts', and asked viewers to tweet at the companies using the tag #showusyourpeanuts. What good it did: Tens of thousands did just that, calling out everyone from Coca-Cola to naturalbeverage company Runa only the likes of the latter responded, however, boasting: 'Naturally sweet with no peanuts of sugar.' The twitterati was not impressed, 'Let's not turn #showusyourpeanuts into an ad campaign for "sugar free" stuff, OK?' Harsh. But fair.



SCOTTISH INDEPENDENCE

What he did: Begged. He ate haggis ('There are literally sheep lungs in my mouth!'), drank Scotch ('It tastes like a delicious house fire!'), presented bagpipe players, and even, um, brought on their national animal (a unicorn, naturally).

What good it did: Well, they stayed didn't they? Are we really suggesting the two are directly connected? Yes. Yes, we are.



MISS AMERICA PAGEANT

What he did: Setting out to dispute Miss America's dubious claim that it is the 'world's largest provider of scholarships to women' with \$45 million made available annually, a trawl through the tax forms found it was counting every potential scholarship. Yet it was also found that, even at the actual figure of \$500 000, it remained correct: it was still the largest funder of female-only scholarships, so Oliver called on viewers to donate to the alternatives.

What good it did:

At first, it looked like it had backfired. The Miss America Organisation saw the rant as affirmation that it was correct, commenting, 'John Oliver reaffirmed that the MAO is the largest scholarship organisation for women.' Which is true. But one of the alternative groups Oliver championed the Society of Women Engineers - experienced a 'John Oliver bounce', receiving \$25 000 in donations in two days.

See the best of John Oliver on GQ.co.za

What happens when tweets go wrong?

Stand-up comedian Nat Luurtsema tells us about an incident and finds out from three fellow stand-ups that she's

not alone: 'Mates were tweeting support to "all their NY friends" and I wondered where they'd suddenly got all these NY friends. I tweeted; it got 100 retweets. Days later, there were fatalities, but I was still being retweeted, looking like Queen Unempathy, quipping at tragedy. I apologised, but it was useless against Twitter rage - like tackling that wave in The Day After Tomorrow with a sponge. Another NY meteorological quip there, because I will not learn.'



Bethany Black @BethanvBlack

'I don't respond well to conflict and I'm quite opinionated, which can be a terrible combination on Twitter. I tweeted a joke about George Osbourne looking like a "Briefcase Wanker" on Budget Day, expecting a few people to get shirty. One person tried trolling me, deliberately misunderstanding the gag, taking it at face value and telling me to be less of a lefty twat (oh, if only it was that easy) but I was really pleasant back to him. I maintain that people are fundamentally nice. We got talking and over the next few months became good friends. Once when I was ill and unable to work he even helped me out with my rent. We meet up a couple of times a year.'



Sofie Hagen @SofieHagen

'A year ago I tweeted, "Sometimes I take a pregnancy test when I'm sad, just to remind myself that at least my life isn't completely over." A comedy promoter saw that tweet and added it to a photo of me to promote a gig I was doing for him. Someone else posted it on Reddit, where some people liked it, but some were furious because apparently it was an Amy Schumer joke, a Daniel Tosh joke, no wait, actually - Steven Wright did it first. And then the comments got personal, likening my shape to a pregnant woman. Which is a lot of fuss for a tweet I wrote a year ago when I was bored on a bus.'



Gráinne Maguire @GrainneMaguire

'I posted a photo of myself dressed in period costume as a maid; I said I was joining Downton Abbey as a maid with a secret. Then, I posted a picture in a wedding dress. I got a huffy phone call from my dad, why I hadn't told them about my TV fame or my marriage. I would rather he thought me successful and cold, so I said the internet was my family now.'



Not for Sale to Persons Under the Age of 18.



Sixty years ago, a French automaker debuted a tech-packed model that launched car design into the future hen Citroën unveiled the DS in Paris in October 1955, the crowd responded with 750 orders in the first 45 minutes. The car was like nothing the world had ever seen. It paired an offbeat design with new technologies to make driving safer and more efficient. The disc brakes were operated by a rubber button instead of a pedal, the dashboard was padded to reduce injuries in a crash, and, just to be different, the steering wheel had one single spoke. But the biggest innovation

was hidden beneath the floor: the avant-garde body rode on a Citroën-designed hydropneumatic suspension, which absorbed the shocks of the road better than any metal spring, could raise and lower the car effortlessly, and made for a pillowy, bump-free ride. That suspension helped save Charles de Gaulle's life: in 1962, when gunmen fired at the French president's DS, it adjusted to the flattened tires and let the driver speed to safety. GO







BEN SHERMAN

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ESSENTIALS FASHION ADVICE

KEEP IT SCHOOL Think school and naval uniforms; classic colours like navy and khaki can be worn in several combinations to add interest to your look. An emblazoned jacket is also a cheeky way to channel the spirit of your school days without running

Gucci blazer R24 200, R34 500, tie R2 500. Skagen at Watch Republic watch R2 999. Aldo shoes R1 499

the risk of looking too juvenile.



WAYS TO

Ways to make quiet statements in the office, using bold but measured alternatives to the conventional business look

Words by Jason Alexander Basson

Photographs by Teri Robberts

FASHION ADVICE **ESSENTIALS**

BREAK IT DOWN

If you're in a line of work that requires decorum in the office, but also sees you working on or visiting locations, you will probably feel some degree of resentment towards the two- or three-piece suit.

Why not consider a blouson jacket

instead. It's far less cumbersome than the traditional blazer, but still toes the line of office appropriate regalia.

Opt for one in a neutral camel or biscuit tone. These are great daytime colours and are very easy to pair with brown, white, blue, navy and black.

It can read a little casual, but consider it a slight throwback to the trench coat, which means that your look won't lose its sense of respect and also won't stick out like a sore thumb in a suit when you're inspecting a building site or doing a walk around a rural or suburban location.

To bring the look to life a little, consider a slight contrast with a rich burgundy accessory, like a tie. Avoid anything too insipid or bright.

Burberry jacket R8 490, shirt R5 290, trousers R7 990, tie R3 150, belt R4 790. Aldo shoes R910



ESSENTIALS FASHION ADVICE



TAKE THE POWER BACK Power dressing is

about a structured

silhouette, so your first port of call is a tailor. The next step is to play with lines. Opt for a subtle geometric print motif woven into the fabric. Add a micro-print tie and bold tie bar with a pocket square for a bit of showmanship.

Country Road shirt R699. Tom Ford at SDM Eyewear sunglasses R5 200. Trenery tie R499. Ted Baker tie bar R800. **Tiger of Sweden** pocket square R599

Ted Baker suit R8 500.

A whimsical sandtone suit with a single-button is easy and uncomplicated. Lift the look with a hint of complexity and summery prints perhaps a block and check shirt against a diagonal pin-stripe tie.

Topman blazer R1 499. Ben Sherman shirt R1100. **Topman** trousers R749. Persol at Luxottica spectacles R2 180. Trenery tie R499. **Blomboy** lapel pin R80. Burberry belt R4 790

FASHION ADVICE | ESSENTIALS

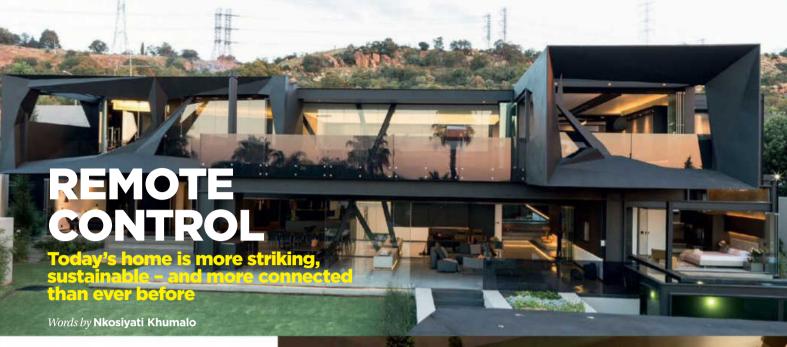


STRIP BACK

At the office, you don't have to wear a carousel on your head to make a statement. Sometimes the most effective option is the most basic one. For instance, there's nothing more striking than a navy suit - an essential in man's wardrobe - worn minimally with a light blue or white shirt, either tieless and buttoned up or loosened at the collar. Worn with a classic pair of shoes and sleek leather briefcase, the whole ensemble becomes quite elegant and can easily go from work to evening with a few minor tweaks. If super-simple is a little unnerving for you, give the look some life with a single decorative accessory, like a floral lapel pin. @

Calvin Klein blazer R2 999, trousers R7 199. Ben Sherman shirt R1 100. Blomboy lapel pin R80. Mr B at Aldo shoes R2 599. Ted Baker bag R4 600





'It's not about the outer appearance as much as the functionality and practicality of the home,' says Werner van der Meulen of Nico van der Meulen Architects, describing the home of the future - his latest creation on Kloof Road in Jo'burg's Bedfordview.

'Thanks to ever-increasing developments in materials, building tech and architectural software, houses don't need to look like conventional houses anymore. They can take on any form or shape, allowing architects to explore shapes and forms that have never before been possible.'

The result is an 1 100m² sculptural piece of architecture that's an extreme transformation from the previously modest single story. Van der Meulen used morphed steel forms that wrap around and frame the structure with the use of 'parasitic' architecture.

"Home of the future" also means sustainable, eco-friendly structures that have less impact on the environment. They're adapted to our ever-changing global weather patterns and respond in ways that use less resources to function,' he says. At Kloof Road, that's accomplished with a waterbased under-floor heating system, connected to solar panels and a heat pump, both for heating and cooling.

Of course, you can't have a future-proof home without thinking about connectivity and anything that can be connected, should be. Nick Caripis, founder and MD of BNC Technology, installed a Control4 home automation system that brings this property firmly into tomorrow. 'When you're not home, nagging little doubts can start to crowd your mind,' says Caripis. 'Did I turn the TV off?



A HOUSE CONNECTED: **HOW IT WORKS Inside story** Did I set the security alarm? With home integrated technology, you could quiet all these concerns with a quick glance at your smartphone or tablet." And all that has to be taken into account from the blueprint stage. 'Where homeowners have opted for home automation, it's at the touch of a single button. core of the functionality of their home. This controls the mood, lights, music, etc. - so **Mobile Integration** it's only sensible to ensure that you have considered the integration of this technology into the design upfront', says Van der Meulen. 'As architects we have had to introduce rooms like server rooms, tech rooms as well as electrical shafts into the design to ensure the electrical reticulation and layout is sufficient for the homeowner's requirements - and for the future homeowner.' Peace of mind Speaking of future homeowners, Caripis Monitors track how much energy your says we'll soon start to see dedicated sensors - that monitor temperature, motion, smoke, fire and personal states such as falls, sleeplessness and illness - get phased out. 'That's because many of these states can be tracked and analysed through sound

and video: microphones that can isolate

pipes; cameras that can recognize faces, sleep patterns, temperature via thermal

baby cries, gun shots, falls and leaking

imaging and fires before they trigger

a smoke detector.'

See more of

Kloof Road house

at **GQ.co.za**

BNC completely reworked the existing lighting system, fitting a fully programmable Control4 system, with remote controls at TVs and touch panels in high-traffic areas. A wireless Comfy system controls the 60+ blinds. Returning from work? The 'Home' scenario lights a path from the entry to the kitchen/main bedroom and disarms the security system; 'Party' dims the lights and cues up your music; and 'Away' lowers the shades, activates the aircon's energy saver, shuts off most the lights and activates the security system. All at the

Control the entire system via smartphone app – even smart door locks – remotely. You'll get notifications such as 'garage door open' or 'water leak detected'. Plus, the remote access uses the same security protocols used by financial institutions.

home is using. You can set power timers to run large appliances at optimal times. Smart security alerts you to any intruders; the house can also 'react' by closing any roller shutters and by flashing lights to alert your neighbours or neighbourhood watch/armed response. The system can switch on the TV and bring up the camera feed so you can see what they're planning.

THE OVERWHELMED MAN'S GUIDE TO NEW TECH IN 2016

Black Friday. Cyber Monday, and a Makro's worth of new gadget launches are conspiring to make you wonder: what do I want? What do I need? And what the hell is up with curved TVs? We have answers

Words by Jon Wilde

Do wireless headphones still suck?

It's true, wireless 'phones once made tunes sound like CB trucker chatter. Now fixes to Bluetooth have made going cordless as rocking as it is freeing. Even Poindexter audiophiles would be swayed by the richness and clarity of the Bowers & Wilkins P5 Wireless (R7 990, takealot.com). The Urbanears Plattan ADV Wireless (R1 299, superbalist.com) upgrades our favourite affordable pair with a slick touch-control system (tap or swipe on the ear cup to change the volume or tracks). And while we've knocked the Doctor's work before, the subtle new colour schemes - we dig the gray-over-black - and sonic reboot (they're not just built for bass-drops anymore) of the Beats by Dre Solo 2 Wireless (R3 599, webantics. com) prove that old tech can still learn new tricks.



Back before your coffee maker needed a WiFi signal, only a few pieces of household tech required vour router's attention. Now count 'em. If your old router's a traffic cop, the Google OnHub (R3 995 from zeekonline.co.za) router is air-traffic control. Since this is the future, setup and control are handled via a simple phone app. It doesn't look like an alien death-spider. And its 13 internal antennae will kill dead spots and tamp down buffering just as a sword swings in *Game of Thrones*. In other words: this may be the first router you'll never swear at.



Does my TV really need curves?

Unless you're trying to wall-mount one in a rondavel, the curved screens of the highest-end TVs aren't worth the extra outlay. You could also ignore TVs with built-in apps (vou're better off with an Apple TV-type device), voice control (never works), and 4K screens - the higher-than-hi-def resolution for which little content currently exists. Problem is, the best sets include some (or all) of those specs, anyway. What you actually want from a new TV is local LED dimming for a highcontrast picture, and you'll find it in both the Vizio M-series (R36 751 for the 55-inch) and the Samsung UHD JU7100 (R55 233 for the 55-inch), both from Wantitall. co.za. Splashing out on the Samsung nets you smoother, truer-looking video and a sleeker design, with a blacked-out ultra-slim bezel. Sounds petty, but let's be honest: You'll be staring at that thing a lot.

When should l upgrade my...



- ...Smartphone?
- Three hours and 16 minutes according to a 2014 study, that's how long the average smartphone user spent staring at a pocket-size slab of glass each day. In other words, you use that thing a lot. If civilisation is doomed to collapse as we shun human contact for assimilation into the Borg, we might as well not worry about a depleted battery or slowing software. Upgrade every other year.



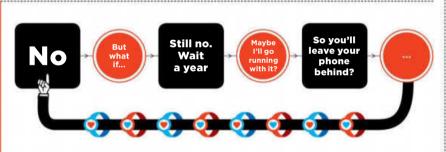
- ...Streaming-TV thingv?
- Last year brought a major update for the Apple TV (R999, incredible.co.za), equipping it with an app store, a trick remote, and Siri. The fresh breeze carried with it improved WiFi for the new Google Chromecast (R845. zeekonline.co.za) and Roku 4 (R1 799, geewiz.co.za). Less buffering! Have any of the above? Get the new version.



- ...Activity tracker?
- Wait for now. The most capable new versions, like the Microsoft Band 2 (available at amazon.com) have next-level sensors that can finally provide useful data (like realtime heart-rate monitoring). but trackers still look unavoidably dorky on your wrist.

Do vou reallv need a smartwatch?

A helpful decision tree





What should you look for in a new laptop?

How to pick a new device There's no one-size-fits-all laptop, so a better question might be: what trade-off are you willing to make? The 900g **Apple MacBook** (from R19 999. mvistore.co.za) is absurdly thin

and light - the 'after' to every other laptop's 'before' photo. But that lust-worthy and essentially port-free - design means you need a dongle to plug in a camera's

your phone's charging cable. Dongles: not lust-worthy. The MacBook Pro 13" with Retina display (from R21 999, myistore. co.za) is your best does-it-all workhorse, with the caveat that its 1.6kg weight means you're lugging more than toting if you leave the house. Splitting the difference

memory card or

between both Jobs-tops is the Dell XPS 13 (from R31 999, takealot.com). It compensates for slightly blah style with a bottomless 12-hour battery, a screen with a barely-there bezel, and the newly decluttered Windows 10 OS. Sadly, none of these can make doing work on a Sunday not suck.



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MAKE TIME FOR A RICH CHARACTER

SINCE 1819, OUR MAÎTRES DE CHAIS AT BISQUIT HAVE PASSED DOWN THEIR LEGACY OF INTIMATELY CRAFTING A RICH CHARACTER OF COGNAC BY MAKING THE MOST OF EVERY MOMENT. IT'S A TIMELESS INHERITANCE I HONOUR TODAY.

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RICH IN CHARACTER SINCE 1819



he last time I had this many 'holy shit!' moments per square kilometre was in the mountains of Ethiopia. And it wasn't because our Creole minibus driver was driving like a Sarel-on-steroids around the hairpin bends which only had a low stone wall separating us from the sheer drop of several hundred metres into the valley below. It was because, for the first few days that you hit the tiny Indian Ocean island of Réunion, you just have to suspend disbelief and soak it all up: the vistas; the beauty; the food; the wine; the gorgeous, gorgeous, friendly people.

I'd barely checked in to my cottage in Saint-Gilles when our guide for the next three days, Phillipe Techer, announced, 'Tonight we eat French, tomorrow Creole.' French, in this instance, was La Bobine, where we were ushered to a table on the beach with the high tide lapping literally metres away. Island style.

The menu was tiny but elegant – locally made goat-milk cheese and tomato vinaigrette, or tuna and mango tartare for starters, and grilled dorado or roast duck for mains. And this was our first taste of the excellent local beer, Bourbon, which everyone simply calls 'Dodo' because of, well, the picture of a dodo on the label.

We were also introduced to the island speciality, *rhum arrangé* – the locally brewed rum that has various fruits and vanilla added to it, is then left for at least six weeks to mature, and leaves you properly shit-faced.

The next few days were about as action-packed as it gets. Réunion has some idyllic beaches, but doesn't promote itself as a beach destination in the same way Mauritius and the Seychelles do. Swimming and surfing have been banned at the island's open beaches (those not protected by outside barrier reefs which form lagoons) after 20 shark attacks and seven deaths since 2011.

Unlike its island neighbours, Réunion has not gone the route of building luxury resorts: the hotels are low key with none of the lavish bling of other island destinations. Much of the accommodation is in self-catering houses, and you can also camp – there is free camping in the Unesco World Heritage Site interior, and several formal camp sites dotted along the beaches. If you don't want to cook, there are restaurants everywhere, ranging from top of the range destinations to sandwich bars selling gourmet baguettes.

What Réunion does sell itself as, though, is an adventure travel destination. This tiny island (70km at its longest and 45km at its widest for a total surface area of 2 512km²) rises from sea level to the 3 070m peak of Piton des Neiges. The geography is insane from the active volcano of Piton de la Fournaise, and the surrounding desert, to lush tropical forest, myriad waterfalls and



For the first few days that you hit the tiny Indian Ocean island of Réunion, you have to suspend disbelief and soak it all up crystal-clear rivers that offer canyoning and white-water rafting. The three cirques - Cirque de Salazie, Cirque de Mafate and Cirque de Cilaos, calderas formed as the volcano of Piton des Neiges collapsed - offer some of the best hiking on the planet.

Our first adrenalin rush was a helicopter trip with chopper company HeliLagon.

Trust me on this one - if you've spent the money to travel to Réunion, bite the bullet and set aside an extra €259 (45 minutes) or €319 (55 minutes) and do this trip. It is incredible flying, and the vistas are mind-boggling.

Our pilot didn't speak a word of English, so he made up for it by humming the theme from *Apocalypse Now* as he flew us through an impossibly narrow gorge and into a tropical wilderness straight out of Iurassic Park, complete with pristine waterfall Le Trou de Fer, or 'Iron Hole'.

Then it was out over the volcanic badlands, and a swoop over the active volcano at Piton de la Fournaise.

From there, it was a trip over the Cirque de Mafate, which we were due to hike for three days for the second half of our stay. This section of the island, home to about 800 people, has no road access, and you either walk, or fly in, and out.

That night we were off to one of the famous Creole restaurants, La Marmite in Saint-Gilles, where huge cast-iron pots sit and simmer on an open fire, and you help yourself to the spicy buffet of octopus, pork belly, mussels, chicken, duck, and the island's signature dish, saucissons sausage stew. Somehow Dodo beer is a more appropriate drink than French wine when eating Creole food.

After meeting up with our hiking guide, the utterly charming and über-fit Veronique Rochard, we battled our way through Réunion's notorious traffic iams (the coastal plain is so narrow that the highways are being expanded into the sea), and then headed up into the lush, stunning Cirque de Salazie to begin our hike at Col des Boeufs.

It was another 'holy shit' journey. Hairpin bend after hairpin bend revealed new Kodak moments. Waterfalls, jungle, precipitous gorges with pristine rivers, incredibly cute Creole houses, and then the postcard-pretty village of Salazie, where we stopped to buy (you guessed it) fresh ham and cheese baguettes for lunch.

We munched on them at Col des Boeufs before walking to the start of our hike on the road above the Cirque de Mafate. Way below, we could see our destination for the night, the village of La Nouvelle.

I won't lie: the hiking was tough, but I have done tougher. Here I was hiking with just the bare essentials, because although you can go hardcore and camp every night, and self-cater, the vast majority of hikers (and there is a constant stream of people on the trails) stay in fully catered guest houses called gites. Some of the gites have single or couple accommodation, but mostly you muck in and sleep in dorm rooms of four to eight beds. Dinner and breakfast are communally catered in >>

Our pilot hummed the theme from *Apocalypse Now* as he flew us through a narrow gorge and into a tropical wilderness straight out of *Jurassic Park*



dining halls, dinner being a selection of Creole dishes with rhum arrangé. Beer and wine are extra. For lunch, you pop into the local *boulangerie* and buy (yet another) baguette with the filling of your choice.

What made the hiking tough was the constant uphills and downhills, which are hell on the knees. Ski-pole walking sticks (two are better than one) are a huge help. especially on the very steep downhills that we encountered on day two as we hiked first to a glorious lunch and swimming spot, Les Trois Roches. After that, up two and down one more brutal climb to the tiny hamlet of Marla.

Our last day of hiking was spectacular. We left Marla and headed straight into a 1.5km hike with a 450m altitude gain up the side slope of Piton des Neiges, before heading straight down again into the Cirque de Cilaos to meet up with another Sarel-on-steroids bus driver.

And then we drove down to the beautiful town of Cilaos, and onto what has to be one of the most terrifying roads in the world. The road from Cilaos down to the coast at Saint-Louis has 420 hairpin bends over a distance of about 20km, and is a marvel of engineering. But even our driver looked quite tame compared to some of the locals - driving at high speed up the next car's rear seems to be a badge of honour, and just about the only fault I could find with the Réunionnais.

It was with a huge grin on my face that I checked into the destination for our final night, the elegant Hotel Juliette Dodu in Saint-Denis. The next morning the stewardess on Air Austral asked me if I'd like my fillet rare or medium rare. I wasn't given the option of medium or well done. That's class.

Tony Weaver flew courtesy of Air Austral and was a guest of Réunion Island Tourism Board.

Info board

Accommodation:

The Tourism Board has an extensive list of accommodation, car hire and other services on their website (en.reunion. fr) ranging from camping to top end hotels. For hiking, it is essential to book accommodation and meals well in advance - demand is high and supply limited. A guide is nice to have. especially if you don't speak French, but the trails are well marked and can be navigated without a guide. Although, a map is essential: the Institut Geographique National map 4402 RT covers Saint-Denis, and the Cirques de Mafate et de Salazie (1:25 000) is available at bookshops and tourist shops.

Money:

Credit cards are widely accepted. There is a bureau de change at Roland Garros

Airport, opposite the entrance, and ATMs are widely available. The currency is the euro.

Hiking:

Moderate levels of fitness needed it is worth doing a couple of training hikes if you don't hike regularly. Pack good boots, slops or sandals,

a first-aid kit with blister plasters, water bottle, all-weather gear, sunblock and hat. swimming gear and towel, and a lot of highenergy snacks.

Rough costs:

Airfare: Flights from

Jo'burg are around R6 000 return. Air Austral have a four-hour flight twice a week, and South Africans don't need a visa. Self-catering accommodation: Around €300 to €450 per week for a six-sleeper house. Hotel rates are surprisingly reasonable, but shop around. Car hire: €30 to €40 per day. Restaurants: €10 to €60 pp depending

on the venue.

Wine: Anything from €4 upwards in most supermarkets. a reasonable red wine is around €9. Beer: From just less than €1 per 340ml at a supermarket to €3.50 to €5 in the restaurant range. Hiking: Gîte dorm accommodation is about €18; dinner is around €20; breakfast is €8. Guide: €250 to €350 per day for aroups up to eight. vehicle hire may be included. GO





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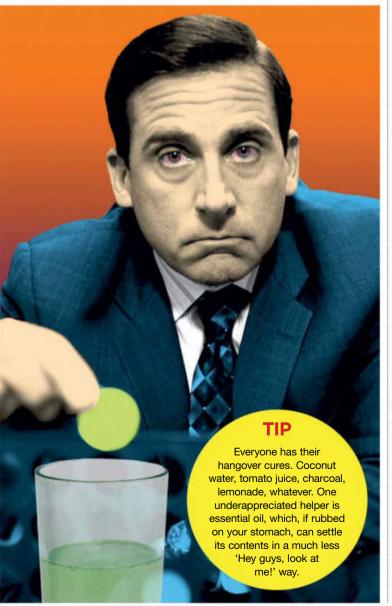
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How to not look hungover at work

The best ways to bluff your way out of that all-out weeknight rager

Words by Megan Gustashaw

taying out late on a Thursday night can be a barrel of laughs, but arriving at work on Friday morning, wondering how you're going to make it through the day, is never a good feeling. Hopefully by the time you arrive at your desk you've eaten, showered, shaved, chugged a litre of water, and put on a sharp outfit. Here are a few other game-changing remedies for those final minutes before your first meeting.





FACIAL MIST

Your skin is a dehydrated mess right now. You need to look less like a corpse, but in your state, avoid anything makeup adjacent. The guickest and easiest way to revive your mug: facial mist. Kiehl's Oil Eliminator Toner for Men 180ml R345



HAIR STYLING PASTE

Whether you skipped a shower or didn't have the constitution to look in the mirror at 7:45am. chances are your hair is going to need some attention as soon as you get to the office. Resist the urge to hide it in a baseball cap.

Byrd Classic Pomade R300



DEODORANT

The hangover sweats are not only uncomfortable, they'll also gross everyone out. Bring some deodorant just in case things get real and you need to re-apply midday. In fact, do this no matter what, just to be safe. Nivea Cool Kick Anti-Perspirant roll-on R18



HAND SOAP

That stamp on your hand is the quickest way to tip everyone off to the fact that you were up to no good last night. At best, you just look like a guy who doesn't wash his hands. Get rid of it.

Crabtree & Evelvn Gardeners Hand Wash 300ml R350

EYE DROPS

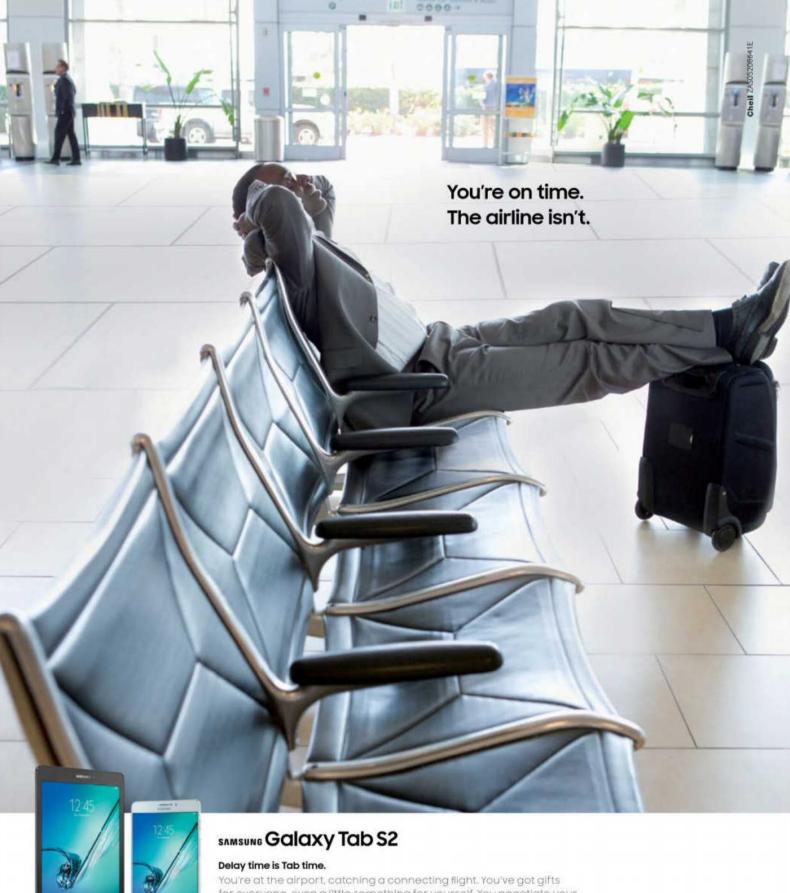
Wearing your glasses when your eyes look like Atomic Fireballs is totally different than just wearing your glasses. Your eyes need moisture, or they'll tell everyone the story of what happened last night.



MOUTHWASH

God knows what's happening in that mouth of yours after the night you've had, and the breakfast you hastily consumed. A couple of gargles with mouthwash will erase all of that - and wake you up in the process. Listerine Advanced White Mouthwash R65

And if all else fails, order a full English breakfast, drink a pot of coffee and power through the day as best you can. [CC]



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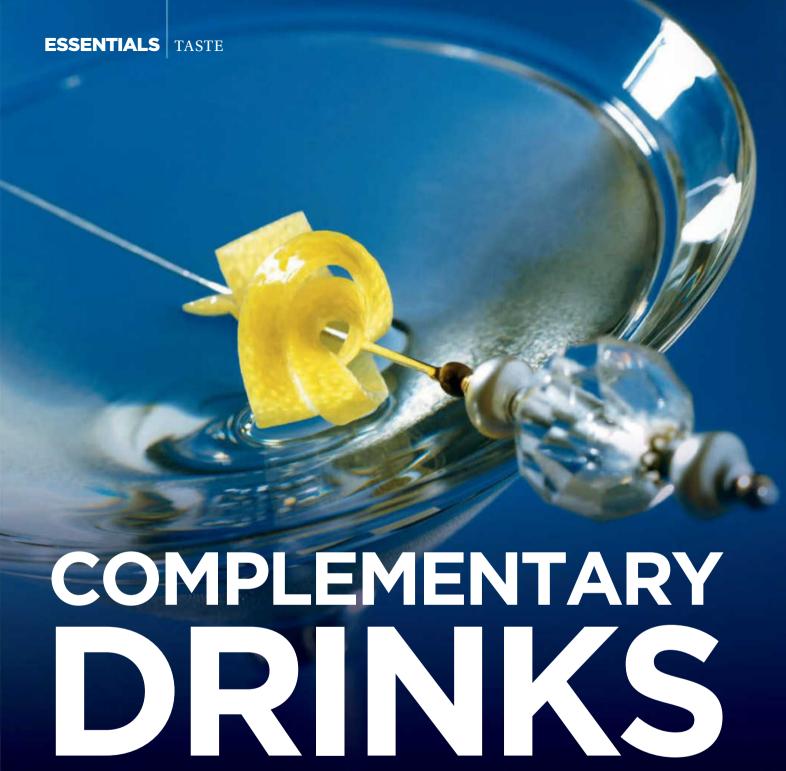
Samsung - A way of life.











A contextualised guide to the appreciation of fine liquor

Words by Patrick Leclezio

I RECENTLY WATCHED KINGSMAN, a

rip-snorting romp of a spy movie in which suave veteran Harry Hart mentors a young buck, Eggsy, who's a bit rough around the edges, on how to be a gentleman. His second lesson instructs on the making of a proper martini. A little overly trodden, and a little insufficient, but it had me nodding in agreement. Yes indeed, gentlemen should know their liquor; what to drink when, and how.

I don't think I'm overstating the matter in suggesting that a cultivated repertoire is a vital attribute if you hope to evolve your masculinity to the next level. Well, maybe a little, but let's just agree that it's important. I may not be cast from the same aristocratic superspy mould, but in this case I think I can step in where he left off. When it comes down to it life is about complementariness. The search for harmony. For optimality. Bringing balance

to The Force. There are moments and occasions, which, while giving their own fundamental value to how you experience them, can be amplified, transformed even, made complete at the very least, by the right complements. In these instances, when they pertain to the not insignificant (as I think we've established) subject of drinks, it is beholden upon you to bring your gentlemanly knowledge to bear.

WHEN: CELEBRATIONS

What: champagne

An obvious one to start. From victories and Valentines, to birthdays and betrothals, it is synonymous with the idea of celebration. The crisp, dry taste - and the unique tingling mouthfeel, courtesy of its hallmark fine bubbles - of Brut champagne is the foundation

on which it's forged its popularity. But, as is often the case with liquor, perception plays almost as much a role as the liquid itself. The popping of corks, launching of ships, the sabrage method of serving, the champagne towers, and its many other rituals have all impressed this drink on our collective consciousness as something distinctly special.

TRY: Veuve Clicquot Rich. I've marked many milestones in my life with Veuve, and it's always lived up to expectations, with its superior taste, depth of heritage, and innovative approach. The Maison Veuve Clicquot in Reims, France, adds to the charm and is well worth the visit. Rich, in particular, is an accessible, versatile offering which lends itself to personalised drinking.



WHEN: LANDMARK **CELEBRATIONS**

What: vintage spirits

A vintage bottling refers to liquid that was distilled and put into maturation in a single calendar year - the one denoted on the bottle. It is individual and variable by design, differing from a distillery's standard bottlings other bottlings may draw from batches spanning various years in order to achieve flavour consistency. As such, it captures the essence of one particular year. What better way to fete a birthday or anniversary than with a 'stolen' taste of another time?

TRY: Balblair vintage highland single malt Scotch whisky. I've had the privilege of enjoying their 1983, 1989, 1990 and 2000 vintages, all occupying spots between delicious and outstanding, and all superb.



WHEN: SUMMER

What: caipirinha

Nothing evokes summer like sand and sea. So, it seems fitting to take the lead from the world's foremost beach culture.



A well-made caipirinha ticks all the boxes: it's both cool and refreshing - the essential attribute, of course, it that it builds further with its complex and interesting flavour (but without being too challenging that type of effort would only interfere with the fun and relaxation), and it's strong and pure enough to be taken seriously.

TRY: Germana cachaça. The prime ingredient in the caipirinha is Brazil's inimitable home-grown spirit. And no, it's not rum. This stuff ranges from the cheap and nasty to the aromatic and sublime. Germana is a pot-stilled. artisanal cachaca housed in a signature banana bark-wrapped bottle. Pro tip: easy on the sugar.

WHEN: GALA EVENTS

What: martini

Ah, the martini resurfaces, as we knew it must. Whoever said 'clothes maketh the man' had not yet encountered this most elegant of drinks - or he would have supplied an addendum.

Your dress attire isn't complete without the iconic martini stemware dangling languidly from your hand, and a martini will never taste as downright delightful as it does when you're suited and booted. And should it turn out to be a stuffy affair... well, let's say that you're covered.

TRY: Bombay Sapphire. Everyone has their own take on the martini here's mine: gin, not vodka - it's so much more interesting. Preferably, go for a soft gin like Bombay and add a dry vermouth - it exists for a reason. Noël Coward disagrees, though, having been noted saying that 'a perfect martini should be made by filling a glass with gin, then waving it in the general direction of Italy.' But how seriously can you take someone who thinks that the vermouth deployed in a martini comes from Italy? Pas du tout, I'm afraid. A ratio of 5:1 gin and vermouth - stirred or swirled, not shaken. Pour into a chilled glass. Garnish with olives or a twist, depending on your mood. >>



WHEN: SPORTS

What: craft beer

It's difficult enough to maintain your cool, gentlemanly demeanour when watching your favourite team play a nail-biting game without introducing liquor into the equation. The solution is something moderate, like beer. It's crisp and refreshing, which is important for day-time drinking don't risk passing out before half time after downing double Jacks. And, let's face it, we've been pre-conditioned by relentless torrents of advertising and sponsorships to associate beer with sports. It feels right, so why fight it? You can choose. though, to kowtow to corporate puppeteers, or apply your refined palate to small-batch beer to reassure yourself that you still have free will - and because it's tastier by far.

TRY: Jack Black. One of the original operators in the Cape Town craft scene, it now boasts three additional variants, alongside the legendary flagship lager - my favourite being the Skeleton Coast IPA, a pleasingly bitter ale with a full, well-balanced cereal flavour.



WHEN: A BIRTH

What: cognac

It's a time-honoured tradition to present and smoke cigars at the birth of a child, and what better pairing to supplement a stogie, and toast such a momentous event, than with a fine cognac? The fragrant aromas of the former, blended with the rich flavour of the latter - perhaps, even more so, the theatre of the two in concert is the best kind of backdrop for this kind of milestone congratulatory gathering.

TRY: Courvoisier XO. The Jarnac-based Courvoisier is one of the leading producers of cognacs, having established its reputation as the preferred cognac of no less a figure than Napoléon Bonaparte, a man with Europe at his feet and with the pick, I'm sure, of any fine spirit he might have desired. XO, which stands for 'extra old', refers to blends of cognac in which the youngest component is no less than six years old. And while age isn't everything, it's nonetheless a loosely reliable indicator amongst cognac's big brands that you'll be getting a suitably-matured, quality drink.



Bespoke brews

You can now custom brew a batch of your own beer

A custom batch of craft beer is about the best gift you can give a bro, be it for his bachelor's, wedding, or birthday. Bespoke Brews is a new Cape Town outfit that will brew and label a batch of beer tailor-made for you. Consulting for your

tastes, founder and brewer Markus Korhonen will identify your ideal flavours and brew 120 bottles (40-50 litres) four weeks later. And at around R37 a bottle, personal doesn't get more affordable than this. - PS bespokebrews.co.za

Where we've been eating

In amongst the hipster food bars of Cape Town's Bree Sreet, you'll find a refuge where the Italian owners are comfortable sharing their family history, Roberto and Francesca have brought a little Portofino flavour to their concise trattoria. Menu items were selected by their parents who originated from Sicily, so the tiramisu is

Robert's aunt's original, and it's jolly good. Tables spill out brightly onto the street, while the low-lit charcoal interior exudes calmness. There are iust four mains: langoustines in a lemon and white wine sauce: breaded veal with lemon; chicken breasts in olive oil and balsamic; and a platter of grilled meat and veggies served on a hot stone. - CT



JOHN PLATTER MY KIND OF WINE

Review by Christian Eede

John Platter founded Platter's South African Wine Guide in 1979, and ran it until 1997. He's back with a new wine book called My Kind of Wine. Hard-cover and 224 pages in length, it's substantial even if not all-inclusive. 'This is not a systematic tour of the winelands. It's a ramble,' Platter writes in his foreword. What's most compelling about the book is that it provides you with a manageable list of recommendations for your next wine purchase. As for the tone of the book, Platter's wine knowledge can't be questioned, but he always comes across as genial and witty. The book also contains some brief personal thoughts on a variety of major and minor

industry issues. Platter discusses everything from blind vs sighted tastings, and cork vs screwcap, to whether or not it's acceptable to add ice to your wine. As Platter says up front, he's not making an argument one way or the other; he is hoping you become enchanted with the same enthusiasm he has for the subject of all things wine. (My Kind of Wine, Paw Paw Publishing. R383, exclus1ves.co.za)





Lemon - a high-end office products firm known for the unexpected and practical - had its humble beginnings in a study. Nine years later, co-founder Kevin Frankental explains why it's important to keep thinking like a startup

GQ: Lemon has grown over the years, even dropping the 'décor' in your name. What are you guys up to now? Kevin Frankental: Over the last couple years we have become a much more focused business. When we started, our offering was more customised but we have spent considerable time refining a small collection of products best suited for a range of office interiors. Our business is now heavily focused on designing and supplying innovative, aesthetically pleasing, functional products to improve workspaces and ultimately human performance. We work in visual art, greenery, collaboration and communication.



KF: My brother and I started with R20 000 working from his study and have grown organically from there. Our journey has been fantastic. Of course we have made mistakes but this is normal for a startup - what's important is we have learnt and done our best not to repeat them.

GQ: How has your approach to what you do evolved since then?

KF: As a business grows and naturally your capital grows it's easy to loosen your grip a bit. Yet we have always been paranoid and continue to live in startup mode. This allows you to be flexible, work more efficiently and avoid corporate governance.

GQ: You've brought a lot of your production in-house - what kind of advantages does that afford?

KF: We work out of our production space, but it has become increasingly

'We continue to live in startup mode - it allows us to be flexible and work more efficiently'

important for us to display our products for clients to view. We have created a showroom, which is essentially a white box with the purpose of making the products the hero. Quality is a critical component to our success and we found relying on too many suppliers was affecting us negatively, so we decided to produce in-house, in a controlled environment. When we do work with a supplier, we try to partner with like-minded individuals. It's getting increasingly harder to find true craftsman.

GQ: What further plans do you have to expand your business?

KF: Recently we have started a wholesale component which focuses on selling our vertical garden technology and glass whiteboards through various channels. Our wholesale component is run by my

brother [and co-founder] Ricky, who is in the process of setting up international distribution. At this stage we have a cautious approach and we are trying to bed down certain territories before further expansion.

GQ: What's the long-term philosophy you've operated by?

KF: Having the discipline to say no to

opportunities that fit outside of your strategy and vision is a very difficult thing to do, but it helps you build a solid company

Q PROMOTION

Office greenery: Lemon's living wall (above) and acrylic prints from its Nowhere collection (below)

rather than chase short-term profits.

GQ: Have you had to develop skills you hadn't anticipated?

KF: I think with any startup you need to be adaptable and learn certain new skills that may make you uncomfortable [at first], but I think it's important to know when you can add value - and when you need to leave it to the experts.

GQ: In today's marketplace, is there a toolkit that a creative entrepreneur needs to succeed?

KF: SA is a great country to do business in. The economic conditions are poor but it creates opportunity. I don't think you need a specific toolkit to succeed - I would, however, recommend a strong mentor who can keep you focused.

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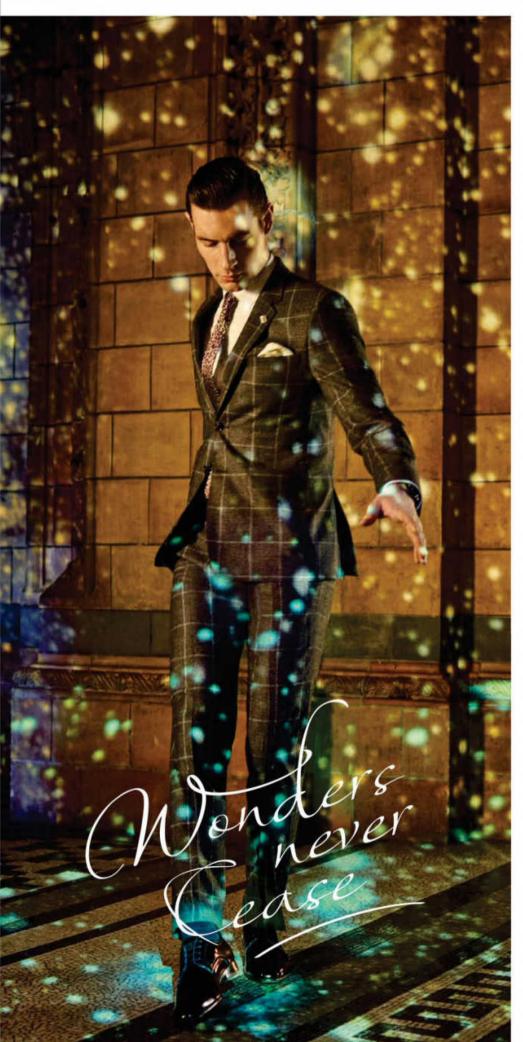
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KHALIQUES

MARCH 2016 GQ.CO.ZA 49

Soul train

The anachronistic **Leon Bridges** takes us back to the original R&B

Words by Eric Sullivan

avbe it's the lovelorn lyrics about a man who misses his girl and loves his momma. Or the speaker-rattling reverb. Or, above all else, that voice: effortlessly crisp, honey sweet, tap-dancing across a set of impeccably strung vocal cords. But at a time when every other musician breaking onto the scene spits bars or drops beats, we can't help but assume that 26-year-old Leon Bridges arrived in a time machine from a 1957 episode of American Bandstand.

His genreappropriate style high-waist pants, collared shirts,

freshly shined shoes - only furthers the time-warp effect. Back home, he's a bit of a mystery, too. 'To see a young black man, especially in Texas, with his pants all the way up to his nipples and shirt tucked in... it's weird in certain circles,' Bridges says proudly, defiantly. 'Round town, we call it "getting GQ." The ladies love it!'

They also love his tunes, along with droves of people like us who didn't realise we missed such simple R&B. Bridges' debut, Coming Home, proves that soul's not dead - it was just waiting for the right voice.

Blues brother







REDDING

A history of R&B

The genre is old enough to be your great-grandfather



THE HARLEM **HAMFATS** 'Oh Red' 1976

R&B's precursors included Jazz and Blues



LOUIS JORDAN 'What's the Use of Getting Sober

(When You're Gonna Get Drunk Again)' 1942

The first no. 1 on Harlem Hit Parade.



JOHNNY OTIS 'Cupid's Boogie' 1951

Stayed top of the charts for a year and was responsible for R&B crossing into new markets.



THE CHORDS 'Sh-Boom' 1954

The first R&B sona to cross over into the pop charts.



THE WHO 'I Can't Explain' 1964

The British crossover reflected the Mod lifestyle.



JANET JACKSON 'Control' 1986 After the death of disco. R&B morphed into what



TRIPLE NINE

Edited by Evert Lombaert

Directed by John Hillcoat; with Casey Affleck, Anthony Mackie, Woody Harrelson and Kate Winslet

Affleck, Mackie, Harrelson and Winslet bring their A-game to a world of dirty robbers and even dirtier cops. There's also Aaron Paul (Breaking Bad), Norman Reedus (The Walking Dead) and Gal Gadot adding punches from their respective corners.

After being blackmailed into an impossible heist job by the Russian mafia (headed by an almost unrecognisable and ruthless Winslet). a team of robbers

decide to murder a clean cop (Affleck) in an attempt to divert police attention from their main heist. Get ready for blood and bullets, and then be shocked by just how much you weren't prepared for it.

but no one told the box office

**** Released 11 March 2016

KNIGHT OF CUPS Directed by

Terrence Malick: with Christian Bale. Cate Blanchett and Natalie Portman Malick returned

from his 20-vear Hollywood hiatus with the incredible war opus The Thin Red Line, which had A-listers chomping at the bit to step in front

of his camera. But the helmer's subsequent offerings have failed to live up to his previous cinematic promises -The New World, Tree of Life, and To The Wonder proved divisive to audiences.

In this film. Bale plays a screenwriter stuck in an existential crisis. In an attempt to find purpose, he loses himself in the excesses that Hollywood dishes out to him. The visuals are, as always, stunning but it's unfortunate that this piece proves to be less than the sum of its incredible parts.

**** Released 11 March 2016

Affleck does a fine job as a battle-weary Batman who tries to come to terms with the aftermath of destruction caused by the climactic events witnessed in Man of Steel. Needless to say, his perspective on things is largely opposed to that of everybody's favourite flying boy scout (reprised by Cavill). Snyder masterfully sows all the seeds here for a united DC film universe to challenge Marvel's dominant grip on the box office. If you're too hung up on whether or not Affleck deserves to wear the suit, dry your tears. If you're sick of superhero flicks, stay well away. ***

BATMAN VS SUPERMAN:

DAWN OF

Zack Snyder;

JUSTICE **Directed** by

FILM'S WORST HYBRID VILLAINS Sharknado rudely awakened a generation of badly done TV movies



Fire-breathing volcanic spiders, hellbent on killing LA's attractive models

Lavalantula, 2015



Undead great white sharks with a taste for attractive models

Zombie Shark, 2015



An angry fish-snake, lying in wait to snack on attractive models lost in the jungle

Piranhaconda, 2012 - NC

WHAT'S IN A STRAND

Hair in video games is all about politics and processing power

Edited by Aléz Odendaal

air can be a political thing. We're told you can have the 'wrong' kind of hair just as you can have the 'wrong' colour skin. If you don't already get it, it's important to understand why this isn't good. One would think that popular culture should reflect the wants, needs, and experiences of all the kinds of people who partake in it. But only some of us are embraced, while others, the have-nots of things like the 'right' hair, are relegated to the outskirts of our cultural nexus.

In video games, graphics have come a long way. To discern how far, we often use a different metric - hair. Last year saw the release of Rise of the Tomb Raider (2015); a spectacular game improving on the 2013 reboot of the original Tomb Raider series. One such improvement was an updated version of AMD's TressFX, the tech that finally allowed Lady Lara Croft's hair to move naturally. Well, I say 'naturally', but a great amount of processing power took Croft's hair from a raw spaghetti-type texture, passed it through al dente, and on to a final look of pasta cooked and

slathered in olive oil. Clearly player expectations weren't then very high, but it wasn't uncommon to marvel at Croft's locks in the game's quieter scenes. It wasn't quite there vet, but it was the closest we in the gaming world had come to playable photorealism.

About a month before the release of Rise, a writer named Evan Narcisse wrote a piece on gaming news site, Kotaku. titled The Natural: The Trouble Portraying Blackness in Video Games. Narcisse is a regular contributor to the industry giant, and on many occasions has used this platform to write about his experiences as a black man who loves to play video games. This particular piece was centred on the way character creation menus limit black players in their choices to represent themselves in-game. Playing an RPG, FPS, or any game that requires the player to make a character from a given set of morphological features, many gamers will choose to recreate themselves for various reasons, conscious or not. As a member of a marginalised community, Narcisse called his own practice of this phenomenon

an 'uncontrollable urge, a knee-jerk reflex borne from decades of never seeing enough black people'. Narcisse wanted to see himself in-game as a means to allow black people to enter a pop-cultural space from which they are too often barred. The problem is that fulfilling this 'reflex' is determined by given features. These limited facial and bodily characteristics in turn create and help to reinforce barring measures. In short, if you're black, your options are limited because research and development favours hair like Croft's - who, although a believable and strong female character, is also a wealthy aristocratic Brit. What writers like Narcisse are trying to convey is the message that

when it comes to hair in video games, art should imitate life.

It's a potentially fruitful time in human history, one ready to become a golden age of entertaining critical enquiry. Imagine what an entire field of publishers and developers could do if they decided to right some wrongs. Perhaps starting with as simple a thing as hair.

PLAYABLE CHARACTERS SO FAR*

·WHITF:

85%



Narcisse wanted to see himself in-game as a means to allow black people to enter a pop cultural space from which they are too-often barred

BLACK: OTHER: LESS THAN 12% LESS THAN 3%





Final Fantasy VII





Andreas

GTA: San



Soul Calibur V





(not playable)

Get the word out

Two new imprints are making sure that SA's stories get heard

Edited by Cayleigh Bright

'I'M A WRITER, AND I'M WORRIED THAT THE LITERARY INDUSTRY IN **SOUTH AFRICA IS SICK.** This is my

way of contributing to it. I can't thrive as a writer or a publisher if the industry I work in isn't thriving,' says Nick Mulgrew, a writer whose work you may have read in Prufrock magazine (of which he's an associate editor), papers such as Mail & Guardian, or GO. You also might have happened upon his recently published poetry collection, The Myth of This Is That We're All In This Together, which was one of the three first titles to be published by uHlanga, the poetry press that he's established to publish a number of poets' debut collections.

He's not the only one who's feeling concerned about how the publishing industry is doing in SA - and he's one of a handful of people who are doing something about the situation. Thabiso Mahlape is at the helm of BlackBird Books - an imprint of Jacana, and the first in SA to be headed up by a black woman - which she calls 'a platform for narratives that are important but would probably never have been published.' For example, the first three books published by the imprint were all rejected elsewhere. 'The objective is to create access for, and become a rainmaker for, a new wave of black narratives, and to dispel the myth that black people don't read - perhaps the problem has been with what's on offer.' Thabiso says.

'People read, but they seldom read books,' Nick says. 'That needs to change, and it needs robust response by publishers, government and booksellers to happen. In order to be progressive we need to think about ways in which to make literature more in line with life in SA. That means, eventually, publishing collections in African languages, publishing experimental verse, and experimenting with hybrid forms.' And there's surely no shortage of stories to be told by South Africans, about South Africans.



O: What inspired you to start BlackBird Books?

Thabiso Mahlape: You would imagine that I would have a ready answer for this question by now. But the truth is I don't. The more I reflect I realise that it isn't just one thing. It is a culmination of destiny. hard work, vision for a different way of doing things and that someone believed in the power of me.

Go: What makes your imprint different to anything else that's being done in SA right now?

TM: Other than the fact that it is the first to be headed by a black woman? I'm kidding - maybe half kidding. I think it is the first to dedicate itself to the publication of only black narratives, in a country where black people supposedly don't read.

Just about anyone who works in print media has been told that 'print is dying', 'print is dead' or 'no-one reads anymore'. What's your response to this?

TM: Like any market we will suffer if we fail to re-invent ourselves. Luckily for us in books this change is happening at a more manageable pace. People are reading - it is in accessing these new ways of reading that will ensure our survival.

GQ: What book are you reading at the moment?

TM: Toni Morrison's A Mercy.

GO: What's the most exciting thing happening in SA writing right now?

TM: The emergence of new, strong yet fresh voices, as well as new postcolonial narratives.

Q: What's the question that you wish more book reviewers and interviewers would ask?

TM: I don't know about a specific question. I do know, however, that I wish we had more reviews and interviews around books. I think that to think of a specific question is a luxury you have when you no longer have to worry about media coverage around books.

'Go into a good independent bookstore and have a look at what they stock'



: The #RhodesMustFall and #FeesMustFall movements have achieved results that say hopeful things about the direction of truly democratic education in SA. What role do you think publishing has to play in this process?

Nick Mulgrew: Publishers have a supporting role in civic life. It's the role of publishers to produce texts that are accessible and relevant to what is happening - and who is living - in South Africa. Maybe it's because they're unsure of what to publish in these politically strange times. That would be my argument: they're too conservative. Empathy is lacking in our society and I believe it's best developed and brought out in people by reading good texts.

O: What's the most exciting thing happening in SA writing right now?

NM: Personally, I'd say Book Dash. A Book Dash, in essence, is when teams of writers, designers and illustrators create children's books in one day, which are then printed and given to children for free. If we're to grow readers, we need to start growing them when they're kids.

GQ: When a person tells you that they've never really tried reading poetry but they'd like to, where would you get them started?

NM: Don't just search on the internet for 'poetry' - you'll get crap. Go into a good independent bookstore and have a look at what they stock. Most people think of poetry as some thee/thou, rhyming couplets kind of writing. But if you look at local magazines and websites - like New Contrast and Prufrock and Aerodrome you'll see poetry can be diverse.

o: Your own poetry collection, published by uHlanga, does a good job of critiquing privileged - and often paranoid - white society from within. Do you see this as a part of the role of writers in positions of privilege?

NM: Privileged writers don't have to critique their own privilege - but it is a pretty good idea. 🙆 uhlangapress.co.za, jacana.co.za/blackbird-books



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For those who know that memorable events and principal occasions merit an exceptional setting, there is a place where the most discerning demands are met, gracefully and effortlessly.

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BANQUETING, EXECUTIVE BUSINESS AND CONFERENCE CENTRE



BRAND STAND

J'Something on the business of being a one-man brand

Words by Nick Corbett

ny record exec will tell you music is a tough industry, if not just to deter you from dropping him your latest SoundCloud link. But for J'Something, success in the music business followed simply from enjoying what he does best. Here, he talks about building a brand with Mi Casa, why genuine passion is the key to better opportunities and how to ensure that you make the most of the hours given to you.

GQ: How has winning GQ's Best-Dressed Man of the Year 2015 affected vour career?

J'Something: It was a huge moment for me. It was a dream come true. It's definitely elevated my brand to another level, which is exciting. What it has also done is remind me that sometimes it does pay off to be a gentleman.

GQ: Tell us a bit more about breaking into the music business with Mi Casa.

JS: It's been a natural progress, to be honest. We have never tried to do anything but make good music and put on good shows. Three albums down the line, we're still doing the same thing - good music, great live shows. The music business isn't the easiest, especially in the beginning because you have no idea what it's all about. You're naive and have that mentality that it's all about performing and selling records. In most cases this is where the record labels fit in - they have the knowledge, and then help you as the artist. Or they can destroy you.

[Our label] Soul Candi was great to us in the beginning and really did build our brand. Together we tried to challenge the norms. After five years, looking back I think we've done damn well.



GQ: Brands in entertainment often start out strong and fizzle out. How have you successfully entrenched yours in music?

JS: Only secret to our success, I think, has been honesty and communication, not only towards ourselves but towards our fans. But most importantly, we're in the music business - we make music and we make good music every time. But success ultimately is something that is given to us by people, and I think what has kept us relevant is people. I'm thankful for that. GQ: Mi Casa led to a number of new business platforms for you, like your culinary show Something's Cooking.

Can you tell us a bit more about them?

JS: Yeah, I'm an entrepreneur. In other words, I struggle doing just one thing. Look, Mi Casa is my life. Everything else is a sub-brand to me. But what really excites me is everything that people have seen me do in 2015. All those things means so much to me. Brands approached me because, for example, cooking is something that I genuinely love to do - it's not put on to try and open up a new door of opportunities. GQ: Was it challenging to cross your brand over into different industries?

JS: I'm not going to say it has been a breeze. The one limiting thing is time. There's not enough time, man. Just an extra six >>

hours a day and it would have been a breeze [laughs]. But on the real though, 2015 was a tough year, but a fun year. I pushed myself to the extremes of my ability and learnt a lot about myself. I learnt that most times it's not about doing it all, but doing it smart.

The obvious challenge is that when you put time into one thing, the other is neglected.

GQ: So how much of a role do the hours in the day play, and how would you advise they're best managed?

JS: Oh boy, so much. This is why I am so thankful to the great team I have around me. They help me in this regard. I am not great with time management, even on stage - if the show is good the show must go on [laughs]. But to do what I have been doing since early 2015 required extreme time management and relationship management. Time is limited, so it's a sharing of time in order of importance. It's a nightmare, really, when I look at it but that's because that sort of thing isn't my strong point. If you're like me then trust me: getting someone to help with that is so worthwhile.

GQ: When it comes to personal brand, how did you overcome the challenges of marketing yourself?

JS: Mi Casa really helps a lot to be honest. I have always believed in spending money to make money. So to get my brand out there, I have a great team around me that listens to all my ridiculous ambitions and tries to ensure they are executed. But it's weird man, when I look at my brand, it's just me - there's nothing put on. So I ask myself, how hard could it be to just be me? I just put myself out there with the things I like and that's it.

GQ: Many entrepreneurs in SA got a start in music. Does it come down to building a successful network?

JS: You get to meet a lot of people in the entertainment industry. Building a network definitely does help, but I build friendships. That for me is the defining line in network building. I don't build relationships in order to get something out of that person. I primarily build

Fast facts on **J'Something**

Age: 27 Car of choice: Mercedes-Benz G-Class Scent of choice: Fendi Designer of choice: Repto **Biggest spend:** Watches Most treasured possession: 'Besides my relationships, family, and my dogs, probably my SMEG kitchen and my Bell & Ross timepiece collection.' **Greatest regret:** 'Not spending more time on my guitar.' Best advice: 'Do what you love and you'll wake up every morning being happy for the rest of your life.'

Check out J'Something's Style Diary at GQ.co.za

relationships because I feel a synergy and a potential friendship to some degree. For me that's the defining factor. Everything I have achieved has felt very organic. Nothing has been forced.

GQ: Do you think that once you reach a level of success, branching out into different ventures becomes easier?

JS: Yes and no. The more successful you become, the more time is required to maintain that level of success. The more you branch out, the less time you have for all things you do. But the more successful you become the more people you meet so it does become easier to branch out.

GQ: Who has inspired you most?

JS: So many people. John Legend, Justin Timberlake, Tom Ford, Jamie Oliver, Cristiano Ronaldo and I could go on. GQ: What's on the cards for 2016 in terms of new ventures, both with vourself and with Mi Casa?

JS: Home Sweet Home, our new album, if you haven't heard it yet, get your hands on a copy. It's a magical album with 25 tracks, and the best work we've ever done.

GQ: Last one - any networking tips?

JS: Be true to you. Sometimes that might delay you but you will feel better about it. Lastly, play golf [laughs].

MUSIC IS CLASSIC AGAIN The curious case of vinyl records

GLOBAL SALES IN:

1997: \$144 million 2006: \$34 million 2013: \$218 million

Now at two per cent of total sales

Listeners have begun to favour high-quality sound over lowquality MP3 downloads. Many digital music markets have become oversaturated, which has lead to poor quality checks. Vinyl costs more to produce and distribute, leading to suppliers ensuring investment-level quality of sound to justify sales prices.

BUT WHAT ABOUT DIGITAL?

Online listening and sales are still on the rise:

2014: \$5.4 billion

2015: \$6.9 billion

Now at 46 per cent of total sales

Subscription services are cheaper than CDs, and ensure in their pricing a high level of quality in sound. [60]

SOLAR-POWER MADE SIMPLE

ows many in developing economies to

Words by Madhumita Venkataramanan

n Kenya, 70 per cent of all citizens - seven million homes – live off the electric grid. Canadian entrepreneur Jesse Moore wanted to help, so he built M-KOPA, a pay-as-you-go solar-power system. 'Our idea was if we can sell a solar system on credit, it will be far cheaper and cleaner than kerosene,' Moore explains. 'You provide a down payment of \$30, and take home an 8W solar panel and a plug-and-play lighting and charging unit.' Since launching in October 2012, M-KOPA, which has partnered with Kenyan mobile operator Safaricom and mobile money service M-Pesa, has sold its system to 200 000 homes across Kenya, Uganda and Tanzania, and is growing at a rate of 15 000 new homes a month. Moore, 36, says he is not pushing M-KOPA as an environmental alternative - the use of kerosene is simply uneconomical. 'Each household spends about five per cent of its income, roughly 63 cents a day, on kerosene, and they still have to go to a shop to charge their phones for another 20 cents a day,' Moore says. In M-KOPA's case, once \$200 of credit has been paid through the system, the household owns a unit permanently.

With \$40 million in funding from a mixture of venture capitalists, debt financiers and grants from non-profits such as the Bill and Melinda Gates Foundation, Moore's plan is to grow into markets such as South Africa, Nigeria, the Philippines - any country with sunshine and a need for power. 'This is going to be a multi-billion-dollar industry,' he says. 'So many people want affordable solar power and the grid won't be their solution. This industry is unfolding in real-time.' m-kopa.com

WHAT'S IN THE M-KOPA BOX?

Two LED lights with switches and brightness settings

- A4-sized 8W solar panel that fixes onto a roof
- · Control box with Li-ion battery, SIM card and modem
- USB port and charging ports for four LED lights
- Portable solarpowered flashlight and a radio

Check out more ways to save the environment at GQ.co.za

How to run a business from anywhere staying connected is key to managing your team

BRIEF YOUR TEAM

If your employees need you to be present for every decision, your plan to work remotely is doomed. Change the workplace thinking strategy - employ managers to make executive decisions and encourage leadership.

GET THE RIGHT EQUIPMENT

Invest in a decent, lightweight laptop that's linked to a tablet and your phone. More integration between devices is set to be even bigger in 2016, so make sure your equipment can talk to each other.

COLLABORATE ONLINE

Apps like Slack (iOS, Android) work across desktop and mobile platforms to bring your office together. And, if you haven't already, take advantage of collaborative software like Google Docs to keep your work updated.

VIDEO CONFERENCE

Skype, GChat, and even Facebook Messenger allow free international video calls. So if vou're in the south of France and need to talk to Steve at HQ, you can. Just make sure it's not at three in the morning. GO-NC



In your corner

Wealth coach extraordinaire JT Foxx on why you need someone like him on your team Words by Nkosiyati Khumalo

long with being a serial entrepreneur, property investor, media personality and speaker, JT Foxx regularly takes his dynamic brand of wealth coaching around the world. Here, he tells us how to survive 2016, how to think American and act South African, and why a coach may be exactly what both you and your business need.

GQ: What was your first business?

JT Foxx: Real estate. [I'm originally Canadian, and lots of people in Canada were talking about the booming real estate industry in the US. So I went to Chicago. Everyone has heard the saying, 'Don't give up because you don't know how close you are' - it was very true in my case. I was almost to a point where I was going to have to move back to Canada, but just kept pushing. One deal turned into two, and

then eventually over 500 deals were done. I'm still involved with real estate, business coaching, consulting, fashion, gold and diamonds, and a lot more. I don't tie my name to everything I'm involved with so that I don't have to be the driving force behind everything.

GQ: You're an outspoken fan of SA - whv?

JTF: It just feels like home to me, and it's full of such amazing people capable of accomplishing amazing things

'Anytime something has gone wrong in my business, it has been because I didn't listen to what my coach or coaches said'

with a little encouragement. So many South Africans have great ideas, but often with the mindset that they can't do something, or it won't work in SA. After spending some time with the people here, the 'I can't' started to become 'I can' and I loved seeing the difference and seeing people start making their visions a reality.

GQ: Any 2016 survival tips? JTF: This is going to be a year

where the 'wantrepreneurs' don't make it and the entrepreneurs break through. With the rand tanking, people are getting concerned, but the entrepreneurs and business owners who rely on listening to their coaches, who don't cut their marketing budgets and who pay attention to their numbers will come out on top. GQ: What are the benefits of having a wealth coach? JTF: Often the people you ask

for advice don't want to hurt your feelings - but a coach gives it to you straight. You use them as a sounding board. They can help make sure your time and energy are focused. You are being guided by someone who has been through it all before, with real-life experience, and that is priceless. Anytime something has gone wrong in my business, it has been

my coach or coaches said. GQ: What should we look for in a coach?

because I didn't listen to what

JTF: You have to find someone who complements your personality and what you need to drive your business. If you are very creative and a right-brain person, you might need a very structured left-brain coach to balance you out. My coaching company does the matching: people go through an on-boarding session to discuss their business needs and then we

find the right coach. After the first coaching session, we assess to make sure they're getting what they need. GQ: What can't a coach

do for an entrepreneur?

JTF: Your coach can't do it for you - no one can except for you. A coach isn't going to make your business a success without you actually rolling up your sleeves and getting your hands dirty. Coaches coach because they want to see the people they work with succeed, so the harder someone is trying and doing what the coach recommends, the more the coach is going to give. GQ: What's the one mistake you often see

entrepreneurs make?

JTF: Having 'shiny ball syndrome' - starting new projects before completing existing ones. Most entrepreneurs have a lot of different business ideas, and want to make them all happen. Focus on the best idea first. and then once that is a self-sustainable business you can move onto the next.

GQ: You often say 'Think American, act South African'

- what does that mean? JTF: Americans are not afraid to go out there and brand and make a name for themselves. When it comes to marketing and branding it's something that American companies do very well, so when I say 'think American' I am referring to the marketing, branding and vision of American business owners and entrepreneurs. However, at the end of the day you are still South African, and you don't want to lose that charm and way of doing business. So it's really taking the best of how Americans and

Head to **GQ.co.za** for the full interview

really stand out. 🔯

South Africans do business to

HOW MUCH VALUE DOES A PRESIDENT ADD?

The highest-paid world leaders evaluated

Words by Nick Corbett

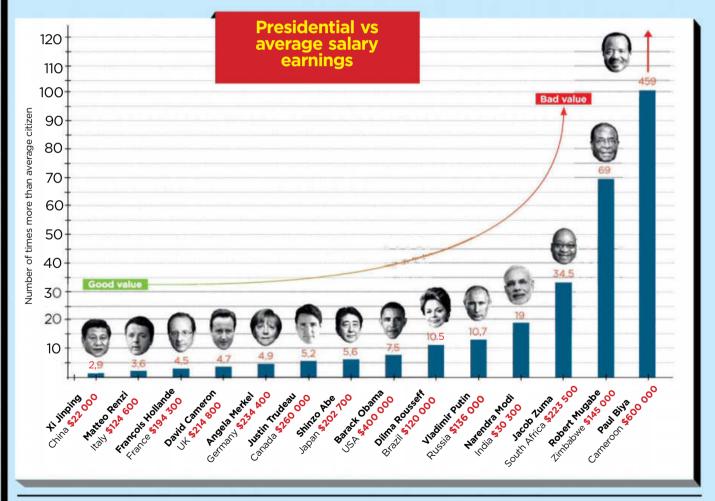
hat do Adele concert tickets, a classic Jaguar and a tailored suit have in common? For most people, it's value – knowing that the sometimes enormous cost of a good is justified by its worth to you.

How much value does a country get out of its president? It's a tough concept to measure but an interesting one when you note a country's performance, possibly shedding some *Freakonomics*-like light into whether the money that's poured from the taxpayer into the pockets of Cabinet is bearing any fruit worth exporting.

When you rank the annual salaries of some of the most prominent world leaders, along with how much they earn in relation to the average citizen (or GDP per capita), what you see is both a nominal and real evaluation of how financially disconnected a president is from his or her electorate.

Despite record (although currently slowing) growth, Chinese president Xi Jinping earns around three times more than the average citizen does in a year. With SA's growth slower than it would be in a recession and our credit rating close to junk, Jacob Zuma's take-home of a

reported R2.75 million is a cool 34.5 times more than the mean South African wage. He still lags behind Africa's oldest dictator Robert Mugabe who, on a \$145 000 salary, earns at least 69 times more than the average Zimbabwean. Paul Biya, the 83-year-old dictator of Cameroon – for the past 34 years – was named in an *African Review* report as Africa's most highly paid ruler. His annual salary of \$600 000 is a staggering 459 times more than the average citizen. King Mohammed VI of Morocco was next with \$480 000, and Zuma the third-highest paid on a \$223 500 salary.



WHERE THE
WEALTH LIES:
THE BALANCE
OF MONEY
AND POWER

48%

of global wealth is owned by the richest

1%|

The richest
62 people have
a private wealth

holding of \$1.9 trillion equal to that of the poorest 3.5 billion people.

THE RIGHT **ADVICE ON FINANCIAL ADVISORS**

Your first step to your personal finance plan

Words by Bruce Cameron

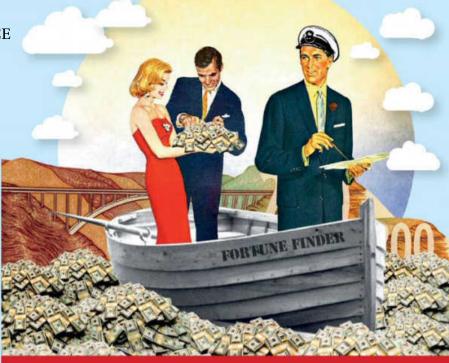
ack in the day, a financial advisor would pull out a battered packet of 36 cigarettes, do a few calculations on the back and sell you a life-insurance product with both a risk element and an investment portion; and then disappear from your life, pocketing a big commission.

Whether the product was suitable did not come into question. The advisors, trained in sales and sent out to get your business, had few or no skills in accessing your real financial needs, or whether what they sold was even appropriate.

There is now a legal obligation in terms of the Financial Advisory and Intermediary Services (FAIS) Act to properly assess your financial needs before you are given any advice or sold any financial product.

If you are sold something inappropriate, you can complain to the Financial Advice Ombud (info@faisombud.co.za). And, more importantly, an advisor must be registered with the Financial Services Board (FSB) as a financial service provider (FSP), or be an agent of an FSP. Check on the website fsb.co.za. The registration also includes being licensed to sell specific financial products such as life insurance, unit-trust funds or retirement products. If the adviser is not registered or sells you products not covered by the licence they can be criminally prosecuted.

Financial advisers have to show that they are fit and proper - they must not have been found guilty of any criminal activity and must meet certain minimum educational requirements. However, you should expect more than that when you appoint and employ a financial advisor.



Six steps you should follow when appointing a financial planner

The Financial Planning Institute says these are the six steps that should be followed when you appoint a financial planner and what they should do upon appointment:

O Establish a professional relationship

The financial planner should clearly explain the services to be provided to you and define both his/her and your responsibilities. The planner should explain fully how he/ she will be paid and by whom. You and the planner should agree on how long the professional relationship should last and on how decisions will be made.

@ Gather data, including goals

Your planner should ask for information about your financial situation. You and the

planner should define your personal and financial goals, understand your time frame for results and discuss, if relevant, how you feel about risk. Your financial planner should gather all the necessary documents and information before giving you the advice you need.

Analyse and evaluate your financial status

Your planner should analyse your information to assess your current situation and determine what you must do to meet your goals. Depending on what services you have

asked for, this could include analysing your assets, liabilities and cash flow, current insurance coverage, investments or tax strategies.

O Develop recommendations and alternatives

Your planner should offer a number of recommendations that address your goals, based on the information you provide. The planner should go over the recommendations with you to help you understand them so that you can make informed decisions. The planner should also listen to your concerns and revise

recommendations as appropriate.

6 Implement the recommendations

Your planner may carry out agreed recommendations or serve as your 'coach', coordinating the whole process with you and attorneys or stockbrokers.

6 Monitoring the recommendations

You and the planner should agree on who will monitor your progress. If the planner is in charge of the process, he/ she should report to you periodically for review and adjust the recommendations, if needed, as your life changes.

INVESTMENTS What SA's near-iunk status means

Investments are rated from AAA down to CCC-. SA stands at

BBB-, a notch

above junk 'C' status.

This puts us on par with India, Italy, Romania and Bahrain.

Professional investors, such as hedge funds. pension funds and asset managers are prevented by policy

from investing in junk countries.

The central bank projects GDP will expand by

only 1.4 per cent this year, which would be the slowest pace since the recession back in 2009. **GO**



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E DIIVE

This month /// Go anywhere: Merc's many G-classes - plus the updated Land Cruiser

It took
more than
half a
century,
but one
of the
most iconic
American
cars is
finally here.
Dieter
Losskarn
horsed
around
in the Ford
Mustang GT

American classic



he legendary Mustang is here – first time in right-hand drive, first time officially in South Africa. Created in 1964, this is the sixth generation of one of the most iconic car badges in the world. And at first glance it bears a very strong resemblance to one of the most famous movie Mustangs ever: Eleanor from *Gone in 60 Seconds*. But Hollywood fame came even earlier, during a nine-minute non-CGI car chase in 1968, in San Francisco; in *Bullit*, Steve McQueen chased (and burned) bad guys in his green Mustang Fastback.

Since then, the famous pony has had more than 9 000 appearances in TV, music and video games. With more than nine million Facebook likes (half of them outside the US), it is the world's most liked car. And in the first half of 2015 it was the best selling sportscar in the world. Altogether nine million Mustangs have been sold since 1964.

When you see the car, you remember all the American road movies you've ever devoured. You want to take a road trip along Route 66, stopping at a seedy motel where the flickering red neon vacancy sign reflects in the long bonnet.

In the car, I am the lead in my own American road movie. I'm thinking *Thelma and Louise*. I know it was 1966 Ford Thunderbird, but it could easily have been a Mustang.

At the launch my day gets off to a shocker at the news that Ford has implanted its twin-turbo 2.3-l. 4 cyl EcoBoost engine into the new Mustang. EcoBoost and Mustang – that

just doesn't sound right. But the smaller engine works surprisingly well. It doesn't sound too bad either.

Now, from the outside the downgraded version of the Mustang looks exactly like the proper 5.0-l. V8 GT. If you want to save some bucks and still desire to show off an icon, the 2.3-l. is the way to go.

But a real Mustang needs the 5.0-l. V8 power plant. It groans and rumbles. The engine noise is glorious. While the brilliant sound engineers at Porsche, AMG and Jaguar compose ever more exhilarating exhaust sounds, in the Mustang you not only get the sound, but you can feel the mighty V8 as well.

It is pure American muscle, and eager to spin. This can be quite a tyre-killing experience.





Ford introduced two 'track' apps in the new Mustang, dubbed hooligan buttons. First there is the line lock function to warm up your rear tyres for the quartermile sprint. Dragsters have similar devices built in. When the button's pushed, the front brakes lock, resulting in 15 seconds of free wheel-spinning in the rear. Basically it is a controlled burn-out, leaving spectators in thick white clouds of vaporised rubber. Then there is launch control. You choose the rpm for the start between 3 000 and 4 500. Too high and the rubber marks on the road just get thicker, instead of letting the pony gallop. A good compromise is 3 500rpm: enough for eye-watering action, but still some quick forward momentum as well.

The car handles well; German engineers were involved in the performance setup of the iconic American machine. And instead of testing it on the relatively bend-less USA roads, the new

The engine noise is glorious: it groans and rumbles



Mustang galloped extensively over the narrowest of European roads. The chassis is now much more sophisticated than that of its predecessors, especially the brand new integral-link fully independent rear suspension. The new Mustang is a better driving machine, but still a hands-on driver's car.

There are different driving modes to choose from, enabled through cool toggle switches in the dash, inspired by those of old plane cockpits. The three-spoked steering wheel is also a thing of beauty. The 'Mode' toggle switch controls throttle, steering and stability control. Sport mode is fun, but Race Track gives you even more tail-drag happiness – sans traction control. And the brilliant Brembo brakes give you confidence.

It's the perfect setup for the best road around the Cape Peninsula, home to my favourite sound stage: Chapman's Peak Drive. And the Mustang V8, windows down, doesn't disappoint in the half-tunnel. The Mustang transports me to the Venice Beach-like Bay Hotel in Camps Bay for a perfect conclusion to this extraordinary American way of driving.

As a surprise, the Mustang's chief designer, Joel Piaskowski, has flown in from the States to join us for sundowners and to discuss the design challenges.

'The stakes are raised at each Mustang reveal,' he says. And heritage is history with a future. It was a great honour for him to redo an icon, but it also came with extreme fear. 'You don't want to screw up an icon,' Piaskowski goes on, showing the lineage, that connects the 1964 car with the present model.

The nose is supposed to resemble shark jaws, just before snacking on a seal. The rear, too, is pure Mustang, with characteristic three-dimensional tri-bar tail lamps. The whole car is lower, more menacing. There are ten colours to choose from, my personal favourite being the triple-painted yellow; it just goes so well with the blue Cape skies.

The black 19-inch wheels come standard on all six models. On request they can be replaced with aluminium alloy wheels in a lustre nickel finish at no extra cost. In fact, there is no options list for the

Mustang, everything is included except the metallic paint, which is an extra R750.

Starting at R819 900, Ford has managed to keep the price surprisingly low. The Mustang looks so much more expensive than it is, maintaining an understated classic air. Comparable V8 performance sports cars in South Africa are hundreds of thousands rands more costly, and just not as cool.

The Mustang is the most American car you can buy in South Africa right now – if you are lucky. Early this year,



Ford held a draw in which 15 potential buyers could win a chance to move up a long waiting list. Apparently the car is sold out until 2018 – though Ford South Africa is trying to get more in. One thing is clear – this is Ford's most important car, elevating the whole brand.





eepers, where does Mercedes get the energy? They've gone G-crazy, overhauling their entire SUV range and renaming all the models while about it. There are now six G SUVs in the line-up: the GLE, GLE Coupé, GLA, G, GLS and GLC – with a seventh (the GLC Coupé) due here later in 2016, their 30th anniversary. And there's more; by 2020 Mercedes wants to have 30 new models on the market, at least 11 of which would be all-new.

Each G comes in a range of options – the GLE has six derivatives and the GLC four. All these Gs take technology, design and drive dynamics to new levels – at a price.

I drove a Geländewagen (G), the GLC (previously a GLK) and the GLE (the old M) from Rostock in the Namib Desert to Swakopmund on the Skeleton Coast. As a reminder of how hot it gets there I took a picture of a temperature gauge stuck on 55C. I was fortunate enough, however, to experience a rare desert storm on the drive.

A short distance from Swakop are the dunes where some scenes from *Mad Max:* Fury Road were shot. A lot of ploughing into the sand ensued here. A strong wind had softened the dunes' surface overnight, hence the mayhem. Not that the SUVs were at fault – those who drove skilfully got through the soft stuff just fine.

The GLC

Let's start with the compact crossover GLC, which gets a leaner, more muscular

countenance. The new chassis and suspension improve the ride comfort and agility significantly. An optional airsuspension system can raise ground clearance to 227mm - the best in this class.

All models have permanent all-wheel drive and a nine-speed automatic transmission that shifts gears effortlessly at high speeds.

GLC owners can configure their SUV according to their requirements, and virtually all the driver-assistance systems in the C-, E- and S-Classes are available on the GLC.

The GLC 300 petrol, with 180kW and 370Nm would be my choice.

The GLE

Merc has thoroughly revised its bestselling SUV by adding more features, some of which you probably won't even be aware of. The standout is the turbocharged V8 AMG GLE 63S that impresses in all respects. It packs 430kW of power and does 0-100km/h in just 4.2 seconds.

In Sport+ mode the engine pops gloriously in true racing style through twin chrome-plated tailpipes. It also handles the Mad Max desert set with aplomb. The price is a whopping R1 859 900, but then it does stroke the ego rather marvellously.

The G 350

The Geländewagen is the ultimate off-roader and one of only three SUVs in the world with three locking differentials. The new range includes the G 350 turbo-diesel, with performance upped from 155kW to 180kW, and the AMG G 63 V8, that thunders out 420kW - up from 400kW. A third model, the G63 Edition 463, has 21-inch wheels and racing stripes along the side. Prices are R1 418 000, R2 156 000 and R2 308 000.



CRUISE CONTROL

Toyota's Land Cruiser 200 is ready to take you places

Words by Dieter Losskarn

With its powerful, prominent face accentuated by a voluptuous chrome grille, the Land Cruiser looks even more attractive than ever, with the bonnet featuring a sleek three-dimensional convex and concave surface. It is available in two model variants: the more luxurious VX. and the rugged GX. Both have the same power plant: a 4.5-litre V8 turbo-diesel.

The expedition-ready GX has two sidewaysopening rear doors, 17-inch wheels, and a massive snorkel protruding from the engine bay mounted on the driver side A-pillar. The VX has a more sophisticated looking top-hinged tail gate,

chrome door and window accents. It offers even more technological gimmicks than its sibling; however, despite its poshness, the VX is just as capable as the GX off the beaten track. The LC 200's off-road abilities are unrivalled in its class - not that there is not much competition, anyway. But, if we had

18-inch wheels, a rear roof spoiler, and

to find playmates for rugged terrain, Volvo's new XC90 and Merc's GLE come to mind.

The Toyota's V8 diesel engine rumbles quietly and confidently. In the driver's seat, it feels like nothing can faze you. It is almost ridiculous how comfortably the vehicle handles even the toughest off-road sections. A new electronic crawl control function lets the car go up and down obstacles and through the most extreme geomorphology at a pre-determined speed, without you even touching the pedals.

There are different off-road terrain options to choose from: rock, rock and dirt, loose rock, mud and sand, and auto. And on-road, the car has all the safety features and driver aids such as lanedeparture alert and vehicle stability control. The adaptive cruise control automatically adjusts the vehicle speed to maintain a safe following distance.

POWER 4.5-I. V8 turbo-diesel, 6-speed auto; 173kW and 615Nm

PERFORMANCE 0-100km/h in 9.2 seconds: top speed 210km/h

CLAIMED FUEL 10.3 litres/100km

BASE PRICE GX R850 000; VX R1 141 000

THIS MONTH

SEX BY JULIEANNE SMOLINSKI; BEHAVIOUR BY HUGO RIFKIND; HUMOUR BY KYLE STROEBEL; PROFILE BY PETROS AUGOUSTI



SEX

Hook up like a gentleman

Julieanne Smolinski explains how to properly trawl for sex on Tinder

WOMEN ARE VERY OFTEN mystified by the things men do in the name of trying to have sex with us, but perhaps the most strange and new iteration is the 'WANNA SEE IT?' Tinder trawl.

Any woman who's used any kind of dating app has been confronted with this most bemusing question, posed by what we can only imagine are men who have had wood for so long they've begun to experience brain death. I'm talking about messaging exchanges that go something like this:

Gentleman: 'Hi, I was hoping we'd match. You're cute.'

Lady: 'Thanks. What are you up to tonight?' Gentleman: 'WANNA SEE IT?'

We know you're eager, but nobody can get away with a 'How 'bout a blowjob?' within a few lines of dialogue. The thought of a quick-and-dirty 'Who wants to help me achieve orgasm?' request may seem like a good idea when you're alone at 2am with a smartphone, but in a sober state of mind, do you really think this approach will work? Don't be a mortifying glandular spaz.

But also don't give up on enjoying casual, consensual, enjoyable sex with the help of your smartphone. The good news: there are so many dudes out there doing it so very wrong that a woman is likely to appreciate a man who does this right. I'm going to try to get you laid, but I'm also going to save you from being exploited in screenshot by some tiresome social media personality. Here's how to properly trawl for sex on Tinder.

Rule 1. Slow down

You know what contributes most to failures to get it in via mobile device? Impatience! Look, we know by now that women enjoy casual and one-off sexual encounters as much as men do. (Yes, there are horny singles in your area.) But since women are the sex that's less inclined to serial killing and wearing chin-strap facial hair, we employ a bit more of a vetting process. Most want to know that you're safe and normal and inclined to treat them like human



Make polite and casual conversation, then wait for cues on her end that this is a casual hook-up

beings before being stuck assessing a blurry snap of your strange, hairy crotch meat.

So treat those first messages like a conversation with an amenable stranger in a club. I know, I don't go to clubs either, but according to the songs I hear in taxi cabs, many people are there to hook up. Sure, the lady may be all turnt up from a night of krumping or whatever (again: I don't go to clubs), but you would still exchange some pleasantries first, right? Same on Tinder. It's just polite – and a nice way to find out if somebody has crazy eyes or adult braces.

Rule 2. Maybe ask a question that isn't about your dick

It's so easy to be ridiculous. Just talk to her for a little bit to establish a) her interest, and b) the fact that you're fun and safe. Ask what she's doing, how her night was, what she did, what she might be doing later. What you shouldn't ask: to see her tits. Or if she 'likes them big'. Things of that nature.

It's possible there's a woman who's on Tinder solely to provide strangers with free amateur porn. It's also possible for a snake to crawl up your toilet and bite your balls. We're talking snake-ball-biting odds of you getting laid when you ask these questions. It's lazy, and makes us assume you're not concerned about stuff like consent or whether the other person actually enjoys sex. In fact, that rapid-fire sex questionnaire is a good indicator that you're one of those guys who blindly jabs away at our female parts like a little brother annoying his big brother on a family road trip.

Rule 3. Wait for all-systems-go

On Tinder, make polite and casual conversation, then wait for cues on her end that this is a casual hook-up. If she's into it, she'll probably try to give you the green light in a way that won't leave you wondering. If she does not say as much in a clear and affirmative way, leave her be. I know, it's so damn hard to find the two-headed dragon of enthusiastic consent and availability. What you guys have to go through when not getting head or holding public office is truly terrible.

Rule 4. Even with a greenlight, be cool

If she gives the thumbs-up, suggest something cordial like meeting for a drink. A drink! Not a handy or boudoir shots or anything like that. If she doesn't want a drink and instead wants to get straight to your futon, she will say as much. Just chill the hell out and know that the hotcheemotchee stuff will come later, assuming you don't blow it with your personality.

Get weekly sex advice at **GQ.co.za**





Julieanne Smolinski will play it cool if she's really into you

BEHAVIOUR

What would you do if I died?

Hugo Rifkind confronts the unwinnable exchange you'll have to endure at least once

SHE SAYS, 'WHAT WOULD YOU DO IF I DIED?

He says, 'I'd probably be single for a bit.' She says, 'A bit? You'd probably be single

And obviously, he says, very quickly, 'I'd also be very sad.'

She says, 'Even with your new girlfriend?' 'Don't be like that,' he says.

'I bet you'd meet her online,' she says, 'on some sleazy cheaters' website like that Ashley Madison.'

'No need if you're dead,' he says. 'I can just go on Tinder.'

But she does not smile.

'Or would it be someone you know already,' she says, 'like that Clara, from your office.'

'Clara?' he says, quite surprised.

She says, 'Thank God we don't have kids. Growing up with a mother like that. The clothes she'd make them wear. Slutty clothes. And they'd grow up like her. Slutty. Like her.'

'And what sort of mother would you prefer,' he says, 'for our half-orphaned future imaginary children?'

'Somebody like my sister,' she says.

'Fine,' he says, in the manner of somebody who thinks the conversation is now over.

'Oh,' she says. 'Oh, wow.'

'What?' he says, warily.

She says he must fancy her sister.

He says, 'Hang on.'

She says, it all makes sense. She's been a fool. The way they got drunk together at Christmas. Giggling together. Waiting for her to die. He says, 'But she's only 19.'

She says exactly - she's been dead for barely five minutes, and he's already gone and shacked up with her little sister.

Then he doesn't say anything for a while, and nor does she. On a balance, he thinks, she probably is joking. Only maybe she isn't. Or maybe, he thinks, she's doing that thing where it seems like she's half joking and half not joking, and hasn't really decided vet.

'So anyway,' he says, 'what would you do if I died?'



Hugo Rifkind faces the question: afterlife or after wife?

'Marry Martin,' she says, promptly. That seemed awfully quick, he says. 'But it's just obvious,' she says. 'But you dumped him,' he says. 'For me.'

She says Martin is a good man. He's kind. It would be a difficult time. And he's

totally got dad bod.

He says, 'But Martin is going out with Emma. They just bought a flat.'

'Yeah,' she says, 'but he'd dump her for me. I mean, seriously? Emma?'

She says her sister thought she was mad to dump him. He says, 'But I thought your sister liked me?'

'I bet you did,' she says.

He says he thinks he's getting a bit angry now, actually.

'But why?' she says, and she sounds genuinely curious.

'Because if I told you I would get back together with my ex after you died,' he says, 'you'd be furious. In fact, you'd go totally apeshit.'

She says, 'Which ex? The blonde one?' He says, 'Oh God.'

Go on, then, she says. Get back together with the blonde one. See how that works out. She was mental. That's what he wants, is it? Serves him right.

'No,' he says, 'No it doesn't. Because it's not what I want. Not her. Nor Clara.

When asked how you'd survive if she was dead. there is only one acceptable response - you would crumble



Where is this whole Clara thing from? Yes, she has breasts like Emily Ratajkowski. But she's got a face like Ed Sheeran. And as for your sister...'

She says, 'What's wrong with my...'

'Shut up,' he says. 'The point is, it'd be awful. I'd go to pieces. I'd have the rest of my life stretching ahead of me all empty and bleak. I couldn't even cope with the funeral. I'd have to speak to Martin. Who, by the way, is a dick. And he doesn't have a dad bod, either. He's just fat.'

She says, 'Well, I'd better not die then.' And he says, 'Please don't,'

And she says, that's sweet, and she loves him, and they both say goodnight. [62]

More views and opinions on GQ.co.za



HUMOUR

I hate my hair

Kyle Stroebel laments the trials and tribulations of taming his mane

I HAVE HAIR THAT IS WILDLY

intelligent, a semi-autonomous being that knows not to grow Afros on my forearms, yet it is still industrial enough to keep my brain warm during wintery times. I grew up in an era where my only accepted form of styling was the hailed short back and sides. The generational tidal wave has meant that this now applies solely to my manscaped pubes, and even then I'm unsure if a light trim, fullblown Hollywood or downward-shaped arrow is the acceptable medium of display. Hours in the mirror, money abandoning the wallet, all for a piece of us that died the moment it exited the follicle. Yet, beyond all features we possess, it is our most defining characteristic, and I'm forced to use it as a source of individualisation.

The '90s Timberlake perm was the launchpad for the litany of poor hair choices that would endure over the next decades. I owned a mullet for a while, business in the front, Boksburg in the back. I even attempted the scalp hernia, or 'top knot' as it affectionately became known. I kept taking pictures of Johnny Depp to my stylist, yet left looking more akin to Mickey Rourke after a spinning class than a dapper sex icon. I invested in wax, shampoos, treatments and fine edge razors that had me looking in the mirror, wailing a disparaged 'meh'.

But now, approaching 30, I've finally managed to bring my facial hair into an adult sphere. I endured a life-long struggle where my beard made me look like a teenage Mexican juvenile escapee. After years of waiting I can sit quietly next to an open fire stroking my chin hair and genuinely appear deep in thought as opposed to squeezing a zit. I have stubble, sadly only one sideburn, and a multitude of aftershaves, balms and qualms. If I leave my shave a day late, clients shun the homeless man trying to burrow into the boardroom. The hassle, and potential to look like the 13th apostle who never quite made it, make me wish I could just Veet my face.

However, my subtle growth far outweighs the perils of alien body vegetation. My $\,$

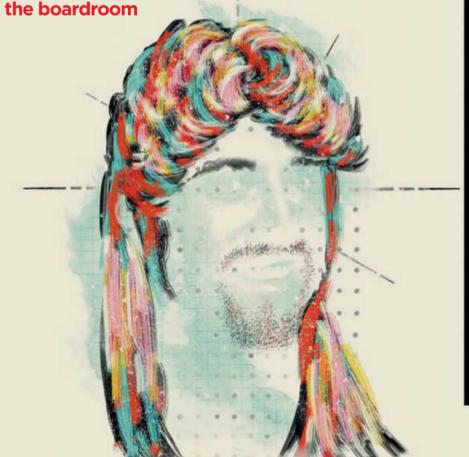
flatmate is adorned with a Persian rug to his neckline, a back fit for five-a-side and the vestige of a nostril forest. You could knit a sweater from his garden path alone. This affliction is not as easily solved as an eyebrow tweeze or a chest wax, because nobody wants tummy stubble. So he is left in an inescapable vortex, occasionally howling at the full moon, while beginning to grey and wear a crown that isn't so much monarchical jewellery as it is malepatterned baldness. So while he sits on a very opposite end of the keratin scale, we manage to unite in despisement of our hair.

And then, where all critical analysis of bodily afflictions should culminate, we reach the balls. I can attest to the value of a back, sack and crack and the freedom of feeling nine years old again. But this remains more the choice of your partner. Many surveys show that women prefer a finely trimmed hedge, but by this stage I'm

so exhausted from all work above the waist that lots of courage, a simple lighter and a can of Axe body spray would seem to be the simplest option.

Hair is by far our most defining feature. Ever considered who could have prevented the capture of Bin Laden? Gillette. He might have been behind you at Woolies, with a top-knot and a five o'clock shadow, and frankly even George W would have been none the wiser. I still struggle to tell a bald Britney Spears from Vin Diesel at times. and if the Ionas Brothers were ever to line up with every strand removed, I would probably struggle to tell them apart more than I do now. Hair is a symbol of cultural, religious and social significance. It provides a podium for endless self-expression and to show the world who you are. I view my grooming time as a test. The time it takes and the ability for it to go badly are both rather high. But you can read a lot into a person's emotional and mental state by the styles they employ. I might despise the effort it takes me every week, but I'm largely proud of the results. Because every day, I'm one step further from Donald Trump. [60]







Kyle Stroebel finds himself in a love-hate relationship with his 'do



PROFILE

Rilee Rossouw

Petros Augousti talks gaming, dancing and shopping with the Proteas batsman

RILEE ROSSOUW IS A PERFECT

example of a paradox. As a cricketer he's quick on his feet and pumped with energy; in real life he's more laid-back than a tortoise on opium. The only thing stressed about Rossouw is the fracture in his foot, the injury (now healed) that kept him out of the recently concluded India tour.

No one knows his incongruity better than his wife Marike, a clinical psychologist, who is also his personal driver and his media officer. 'He is the most laidback, chilled person you will ever meet,' she says. 'He is not like Quinton [de Kock], who watches cricket all day long, even on his off-days.

'Rilee hates shopping with a passion, you don't even understand. He has never been to Pick n Pay in his life,' she adds.

The 26-year-old smiles his goofy smile and quaffs his passion fruit lemonade at a sedate pace. Just when I think that his cool drink has been spiked with a sedative, Rilee comes to life at the mention of Monopoly.

'I always win at Monopoly,' he says suddenly, a spark in his eyes betraying his ultra-competitive streak.

'Yes babes, you win at everything,' Marike says, half teasing, half serious. 'He is extremely competitive, even if he cheats,' she laughs. 'He normally wins at everything and he is not even allowed to play with family. The last time we played Monopoly we didn't speak for a whole day, so we are not allowed to play Monopoly anymore.'

I get around to asking him some cricketrelated questions: who's the fastest when it comes to downing drinks at fines meetings?

'Mmm, well, I'm quick, but I suppose Kyle Abbott is probably the quickest,' he says begrudgingly, and I notice he crushes the rest of his cool drink in a second.

I ask what the guys do on tour, especially on the Indian subcontinent. 'On the subcontinent, there is not much you can do; you are stuck in the hotel, or a team room. But I take my PC wherever I go... I am a massive gamer – *Counter-Strike* and *DotA* and a few other games,' he reveals. 'I actually challenge any online player in the world to beat me. My online name is Get_rect.'

Marike tries to cut him off, knowing that this statement will provoke mania in India, where 1.7 billion people live for cricket and its superheroes. Rossouwlaughs and says he will take on the world.



As a cricketer he's quick on his feet and pumped with energy; in real life he's more laid-back than a tortoise on opium

'A couple of guys take their PlayStation 4s, but I am the reigning champion at FIFA,' he declares. This statement has some basis of truth: he was one of the best soccer players Grey College Bloemfontein has produced, and his goal-scoring feats are still talked about. He scored 59 goals in one season and many of the school soccer coaches believe he could have gone all the way. Marco Petrella, who coached at Grey College for 16 years, was a national selector and who holds a CAF B licence, says Roussouw was one of the most prolific strikers he has ever coached.

'I have never seen a more deadly striker in all my time at Grey. He had the sweetest timing in front of goal and if he hadn't chosen cricket, he would have been a great professional striker,' says Petrella.

Another activity he could have turned into a career was dancing – his mom Karon is a well-known teacher of all things ballroom and contemporary. Rossouw took part in a local 'Strictly Come Dancing' competition at 18 and finished second, doing a mean waltz and a silly cha-cha among others.

'Dale Steyn calls me "Cha-cha-cha Rossouw" in fines meetings and Quinton de Kock can't stop laughing at me,' he says. 'My mom always says that she is responsible for my quick feet and my ability to dance down the wicket.'

Talking about odd stories, the fans in India (where he plays IPL) most certainly fall into that category. 'The fans in India are crazy about cricket, not normal crazy but *crazy* crazy,' says Marike, relishing the irony of a trained psychologist labelling a billion fans crazy.

'I have 600 followers on Twitter and all of them are Indian supporters,' she quips, 'Sue Duminy has 16 000 followers on Twitter, from India mostly.' Rilee has about the same number of followers as Sue, but that dwarfs in comparison to Dale Steyn's 1.8 million and AB's 2.8 million. 'Once I just hashtagged RCB [Royal Challengers Bangalore] and I picked up 5 000 more followers,' he says, amazed at the power of social media.

I ask about the strict no-phone policy for cricketers and he confirms that as they get off the bus, players have to hand in their phones – and only get them back after the match and obligatory speeches. He says there is no official Twitter, Instagram and Facebook policy that the Cricket South Africa enforces and that every player is just expected to use good sense. 'I used to follow Kevin Pietersen on Twitter but he wrote so much I deleted him. I don't really like reading.'

So what does Rossouw want to achieve in cricket? 'I want to make history, be a part of history; my dream is to lift the World Cup'. And when Rossouw says he wants to win something, he usually does.



Petros Augousti steps up to the pitch with SA's prolific ball-striker





She has an easy smile, but she speaks with the determination and conviction of a woman who knows exactly what she is doing and where she wants to go. She spends so much time alone and away from Portugal, between castings and jobs, that she's acquired a sense of independence and maturity that's unusual for her age.

'It can be a very solitary life. Just yesterday, I was in Madrid in my hotel room having a meal, and I felt so lonely it was scary. I felt the almost urgent need to call my mother and hear her voice,' she admits. After stopping to think for a moment, she smiles. 'But I wouldn't change my profession for anything in the world. I love travelling and I want to go far, achieve my goals and excel. Even though some days are more complicated, the good moments compensate for all the others.'

Marianne was born in Brazil and moved to Portugal when she was only eight years old. 'My mom and her side of the family are Portuguese,' she explains. Now she lives with her mother and brother in Lisbon, but her desire to travel the world has meant she hasn't been >

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Which has been the most exciting moment of her career so far? 'To be on the cover of *Vogue*', she exclaims in a flash, no hesitation. 'And this cover for GQ is also very special,' she adds with a smile.

As she shares with us about her dreams and projects, Marianne proves she knows exactly what she has to do to achieve them. 'Nothing can be achieved without hard work, but it's also important to be psychologically strong. Know how to accept nos from international clients and agencies, keeping your head up and having the strength to carry on, no matter how many doors close in your face. We have to believe in ourselves and believe in our value, but it's also important to have good ethics and treat those with whom we work with respect. One has to have a great sense of responsibility. Arriving late for a casting or a job is out of the question.'

With all the travelling and her full schedule, Marianne had to leave her studies aside. 'If I went back to studying I think I would study psychology – it's a field I'm very interested in.' On the other hand, she also tries to make it up to her friends and family for the long periods of time she spends away from home. 'My social life is practically non-existent, never mind my love life,' laughs Marianne. 'But I really want to find a balance and time for everything. It's another one of my objectives for the future.'

Aside from the world of fashion, there are other causes she is concerned about. At the age of 15 she decided to stop eating meat and fish, and cut them out of her diet completely. This was motivated by her great concern about the conditions in which animals for consumption are bred and how they are treated. 'I could never imagine myself going back on my decision to become vegetarian. What motivates me is much stronger than the desire to eat a hamburger,' she explains.

After just a moment of chitchat we go back to talking about fashion. 'What I would really love is to sign a contract with a big cosmetics brand. Or to model for Victoria's Secret, but that's the dream of every model my age, isn't it?' she asks. Before there's time to respond, Marianne interrupts. 'One day I'll get there.' After this shoot, we have no doubt she will.

A BOLT FROM THE BLUE

GQ gets 9.58 minutes with the fastest man on Earth

WORDS BY PAUL SEPHTON PHOTOGRAPHS BY JAN JOHNSON hat if I told you that Usain
Bolt doesn't enjoy training?
That the world's fastest man
is averse to routine exercise
and diet, and would rather be
playing video games? Thing is, he
is, and he'll get up at 10am to hit

the console – *Call of Duty* and *Pro Evo Soccer* at the moment. But the 11-time world champion knows what he needs to do to win, and has an approach that meets it as though it were as simple as a grocery checklist.

Few sports are ever eclipsed by a dominant force over any decade of time. By their nature, an athlete's career is transitory; their bodies peak and grant a window of opportunity to grab at podiums and greatness. In contemporary times, we can count these legends on our hands, and before Usain Bolt, track sports didn't really have one.

Personal Best: 100 m 9.58
World Record (Berlin 2009)

FOREVE

'All I can do is continue to compete the way I do as a clean athlete. It's up to the authorities to tackle this issue and get rid of the minority who cheat'





'It'd be something that almost certainly won't be repeated by any athlete, cementing my name into the history of the sport and putting me in the category of legends with Ali, Pele and Jordan – something I would be very proud of.' Call him cocky, but you can't deny that he's stating plain truths. In fact, it's almost Bolt's deep awareness of his rarity that's helped him maintain the focus to reach such great heights.

While any record breaking would essentially boil down to Bolt beating his former bests, the field still carries some serious competition.

Rivalries with Americans Justin Gatlin and Tyson Gay have been castled into mega events by the media, quickly dismissed by Bolt with the casualness with which he wins his races

'I never really focus on any one individual. I know that if I'm fit and healthy on the start line, I'll be hard to beat. Rivals come and go, so you can never get caught up thinking about an individual. There will be eight athletes in each final, and everyone will be trying to win.'

'I try to clear my mind of all thoughts and focus on the gun and executing what my coach has told me and what I have done in training,' Bolt adds.

Of his own records to outrun, there's one in particular that steals his focus: getting a sub-19-second for the 200m (19.19 is Bolt's current best, and world record).

'Well, I've always said this is possible if I'm in the best shape I can be. It's a target that I feel is achievable. It would be a great thing to do before I retire, and it would be a record that would be hard for anyone else to beat for a long time.'

Being the fastest man on earth, people have long tried to square his superhuman speed or quantify how he manages to do it. 'People are always obsessed with speed and who is the fastest. I think it's because everyone can relate to it; almost everyone has tried to run fast at some point in their life. In other sports, it's hard to compare athletes from different eras, but in track and field, athletes have been running the same distances for a long time, so it's easy to see who's the fastest.'

'Records will always be broken. I just want to make them as hard as possible for someone to break'

These rivalries, though, have calloused through the doping scandals and bans that both Tyson and Gay have faced, causing fallouts and an outspoken Bolt to comment on the sport's muddled reputation.

'I don't pay too much attention to the media – they write what they want, I just do my best for myself and the sport. All I can do is continue to compete the way I do as a clean athlete, knowing that the majority of other athletes in our sport do the same. It's up to the authorities to tackle this issue and get rid of the minority that cheats, but I believe the punishments should be more severe.'

A flash of austerity from Bolt contrasts his generally laid back personality. On almost every starting line, he carries his statuesque frame with the light-heartedness of someone who's about to choose by how much of a gap he comes in ahead of the pack.

When asked about it, he balances confidences and humility in retorting, 'I always know that if I'm fit, injury free and have done the hard training that I'll be hard to beat. My confidence comes from previous performances and being able to deliver when it matters.'

Carrying such an aeroplane-unfriendly frame of 6'5" (1.96m), Bolt can take fewer steps to complete a race, but an athlete of his size also requires far more power to accelerate, given the drag that his body exerts and the energy needs to overcome it. It's a combination of Bolt's unusual flexibility, fast-twitch muscle fibres, raw power and freakish genetics that jet him across finish lines faster than anyone else – in a nutshell, at least.

When asked about any penny-dropping moments that his legacy was starting to extend beyond any other in the sport, he throws back to the 2012 Olympic Games. 'Winning in London was a big moment for me, because it repeated the success I had enjoyed in Beijing. It didn't change my focus or sense of responsibility – it just gave me another moment to be proud of, and to continue to enjoy the mark I am making in track and field.'

Besides his coach, another constant throughout Bolt's career is his sponsor, so much so that he describes them like family. 'Puma has been with me from the start of my career. They have been there in the good times and the hard times and supported me throughout. >>>



HIGH-SPEED FEATS

Land speed record 1 227km/h

Andy Green

In October 1997 Wing Commander Green's 'Thrust SSC', a 77 998kW rocket on wheels powered by two Rolls-Royce turbojet aeroplane engines, set the first supersonic time at Black Rock Desert, Nevada, USA.

Fastest in a three-wheeler

1 190km/h

Hal Needham

In December 1979 Needham's three-wheel hybrid-car called the Budweiser Rocket shot to 800km/h in 10 seconds before topping out at 1190km/h.

Fastest in a sled

John Paul Stapp

America's original Rocket Man powered to this record-breaking speed in 1954, in five seconds on a purpose-built rocket sled, and then slammed to a halt, sustaining more than 40Gs of pressure. That's like smashing into a wall at 190km/h.

Fastest in a production car (open top) 408km/h

Anthony Liu

Set in a Bugatti Veyron 16.4 Grand Sport Vitesse - eight litres; 16 cylinders; four turbochargers; 736kW; four-wheel-drive at VW's test grounds in Ehra-Lessien in 2013.

Fastest high-speed crash survivor

1080km/h

Craig Breedlove

In 1996 Breedlove's Spirit of America turbojet veered off course in Nevada's Black Rock Desert, leaving skidmarks for over nine kilometres. The five-time world land-speed record-holder survived.

In turn, a lot of the brand's products and ethos have been crafted in the spirit of Usain. In addition to offering constant feedback on designs and footwear development, the Forever Faster campaign is a not-so-subtle nod towards Bolt. 'I always say Forever Faster is a campaign built for me. I am the essence of that message.'

Now, if you're a fan of TMZ, you'd recall that 2013 video in which Bolt calls out his fellow Caribbean-hailing heartbreaker, Rihanna.

Turning to face the cameras, he made a rare move professing his love for bad girl Riri. So it might have come as a pleasant surprise when Puma signed her as their Women's Creative Director. But for Bolt, this hasn't offered leads. 'Surprisingly not,' he responds when asked about any collaborations, and with a smile, 'but perhaps in the future.' Still, his involvement with Puma off the

As my interview comes to a close, I ask Bolt what mark he hopes to leave on the sport he loves.

'I want to be remembered as someone who excited people watching me run, and someone who enjoyed life and made the most of it.'

It strikes me that few people likely realise quite how rare this man is. To watch Usain Bolt do what he does best is a riveting spectacle. Who else has ever held the world in such awe for all of 9.58 seconds? Perhaps it will take the gaping rift in the wake of his departure to realise the legend we've seen pass. Or maybe it will be the passage of time that it takes for his records to be broken, if they ever are.

But for the fastest man on earth, living the slow life in Jamaica will be enough, because if his telltale smile indicates one thing, it's that he knows just how hard his legacy will be to beat.

'I always know that if I'm fil injury free and have done the hard training I'll be hard to beat?

track has his hands quite full. 'I'm doing some very exciting campaigns and have been doing a lot of work to prepare.'

While some have called him arrogant, there's something incredibly candid and refreshing about the way Bolt has navigated his way through the spotlight.

Calling out competitors for training too hard and declaring his dislike for training has been twisted into lazy and conceited, but it's like Bolt comprehends the mechanics of his body and realises where and when to flex.

For the rest of the time, his island spirit calls it like he sees it, and he just wants to enjoy the ride.

'I know I was born with a great talent, and with hard work I was able to be successful. I think I am a role model for kids all over the world and have shown them what can be achieved with talent and hard work.'









DISCOVER MORE

www.smeg50style.com



the winner of last year's Tour de France? Each member of five-strong *Dota 2* team, The Evil Geniuses. No, you read that just fine. Come to think of it, bigger prize pools are one of the few things separating online competitive games with sports like rugby, cycling, or soccer.

Depending on the game and competitive level, there are teams and clubs, sportscasters for matches, and

If you're a little puzzled at your lack of knowledge, you're not alone. Despite their size and growth, eSports have somehow kept their subculture status where mainstream media is concerned; the line between odd and cool being crossed through a five-part documentary series from risqué royalty, *Vice*.

We've caught eSports at a time when it's still fresh enough to have people genuinely enthusiastic about its possibilities



n Asian countries like South Korea and China, eSports players have a celebrity-like status – with faces splashed on billboards – and dedicated, hardcore fans. The local scene is a little watered down from this perspective and, like most things, dependent on

internet speeds. The digital and gaming manager of MWEB, Desmond Kurtz, says that while South Africa isn't a hotbed for paid professional eSports players, there are many that play competitively, keeping other sources of income. Tournament organiser and administrator Clint O'Shea agrees: 'The quality of the teams in South Africa are generally not up to the standard of the international teams, and in terms of scale and value of events, we're behind too.'

It's not all doom and gloom though - Clint thinks improvement can be made quickly through bigger sponsorships, giving tournaments a boost, and players the financial freedom to spend more time practising, to compete overseas. O'Shea also believes 'the concept of eSports has a place at schools', where introducing eSports to 'younger players at grassroots level will uncover potential star players at a much earlier age'. This might not go down so well with parents who have, for the longest time, thought their quality of parenting somewhat contingent on the number of hours their teenagers are not allowed to play.

However, over the initial scepticism, the potential that eSports brings is truly exciting. There's the viability of mixed-gender teams, equal pay for women, and a way for people affected with physical disabilities to partake and compete for South African colours. Case in point, last year South African League of Legends (LoL) player Maryke Kennard became the first woman ever to take the Athletes Oath on behalf of the other eSports players at an International eSports Federation (IeSF) World Championships.

We're lucky, really. We've caught eSports at a time when it's still fresh enough to have people genuinely enthusiastic about its possibilities, and early enough before the prejudices that hamper other sports have had the space to rub off.

The best thing about eSports, though, is the undeniable fact that abs and strict diets are in no way a prerequisite for making it big; if you're a gamer, you've already got potential. Whether you're keen to be a player, shout caster, or spectator, our guide to eSports is going to give you your best shot.



1: Play

Some people get hung-up on the animated aspect of some eSports, but think of it this way: games like League of Legends (LoL) and Dota 2 are like chess, only with fantasy elements added to it to enable the game to be infinitely more complex. Stretch your fingers, grab your mouse or controller and let your eSports career begin.





'Make sure you have the skills, and time. Hours of dedication are required, and some pro StarCraft II players carry out 300 keyboard and mouse actions a minute, rising to 10 per second in a crisis.' - Desmond Kurtz, digital & gaming manager for MWEB

'When you're playing, try to minimise your emotions. Like in most activities, being able to think clearly and without the influence of emotions is a massive advantage and can allow you to come back from the brink of defeat.'

- Dale Pon, professional Hearthstone player and community member



How?

First, pick a game. Then, practise. Practise a bit more. Now do some research – find a team or clan in your area that you can practise with. Even if your chosen game is single-player, make sure to join an active community on Facebook or Twitter. There's no 'l' in eSports.





2: Shoutcast

Shoutcasters are the eSports versions of sport commentators. Which is good news to those aspiring to talk super-fast about sports facts for a living, as the world of real-life sports commentating currently seems pretty saturated. When last did you hear a different voice covering a Springboks game? When you accidentally switched it to Afrikaans? Thought so. The good news is that the relatively recent birth of eSports in South Africa means that many new people can speak up for the roles of shoutcasters, as new positions open up with growth. Get ready to shoutcast vour wav into eSports stardom.



How?

Passion is the big pull here. Make sure to have tons of it. When you're excited about a game, it's more likely that you are well-informed of the game rules, any updates that will effect play, and information on the best competitive players. A great start is to make sure you have eSports spectatorship down first, then you'll be ready to take it to the next level.





There are three traits you need to have in order to become a caster: game knowledge, a personality, and a voice. The better each trait is, the more successful you will be.

'Shoutcasting is all about being passionate and enjoying the games your commentating on – so my best suggestion is to cast over whatever game you love.' – Nicholas Holden, tournament organiser and shoutcaster



3: Spectate

Watching from the sidelines is underrated. You'll be surprised how much you can enjoy seeing the best of the best own at the game you love. So, shift your focus to a sport that doesn't need a DSTV bouquet and become an eSports spectator.



How?

923

Kick up your feet up and keep the carpal tunnel at bay by following your basic sports formula (beer plus snack plus comfort), then head over to Twitch.tv or YouTube; your new eSports BFFs. Search for the game or tournament you need and voila! You're all set. Make sure to catch annual tournament highlights like Dota 2's 'The International 6', 'Street Fighter vs Capcom Cup', and Starcraft II and Hearthstone's 'Blizzcon'. In between, look out for local matches at Mindsportsa.co.za.



Just as if you were actually playing, spectating an eSport requires a good internet connection. You might have a problem if your line speed makes watching a music video into a Zen practice, but if you regularly stream online content without issues, you should be fine. You could also always attend a physical match or tournament; check out our list of upcoming events.





response times play a large role. If you become more involved you may also want to get additional peripherals such as a gaming mouse, keyboard and headset.

'For a game like *Hearthstone*, which is turn-based and not very graphics intensive, you simply need a computer (or even iOS or Android device) and a stable internet connection. I've heard of players running it on a 384kbps line with no issues.'

- DALE PON

'First off you are going to need a PC or laptop; second, an internet connection with an upload speed of at least 2mbps. Finally, a good microphone so you can let your voice sail smooth online.

- NICHOLAS HOLDEN

Upcoming tournaments

2016's meets and total prize money



GameLocal FIFA 15

Tournament finals (7 May 2016), R50 000

Digital Gaming League Tournament at the Electronic & Gaming Expo (EGE) in Cape Town (29-31 July), prize TBC

Evolution Championship Series (July), \$685 800

The International 2016 (August) \$18 millon

Electronic Sports World Cup (October), \$2.5 million

MWEB GameZone Masters Series (October), R1 million

leSF World Championships (December), prize TBC

Highest earning eSports teams by country

Out of one hundred and four countries, South Africa ranks as the sixtieth highest-earning in eSports, but came twelfth out of twenty countries participating in the 2015 leSF World Championships. Here's a list of the eSports industries by country currently living the YMCMB lifestyle.



1 China, \$33.1m



2 South Korea, \$32m



3 United States, \$31.8m



4 Sweden, \$13.7m



5 Canada, \$7.4m



6 Germany, \$6.3m



7 Ukraine, \$5.4m



8 Russia, \$5.3m

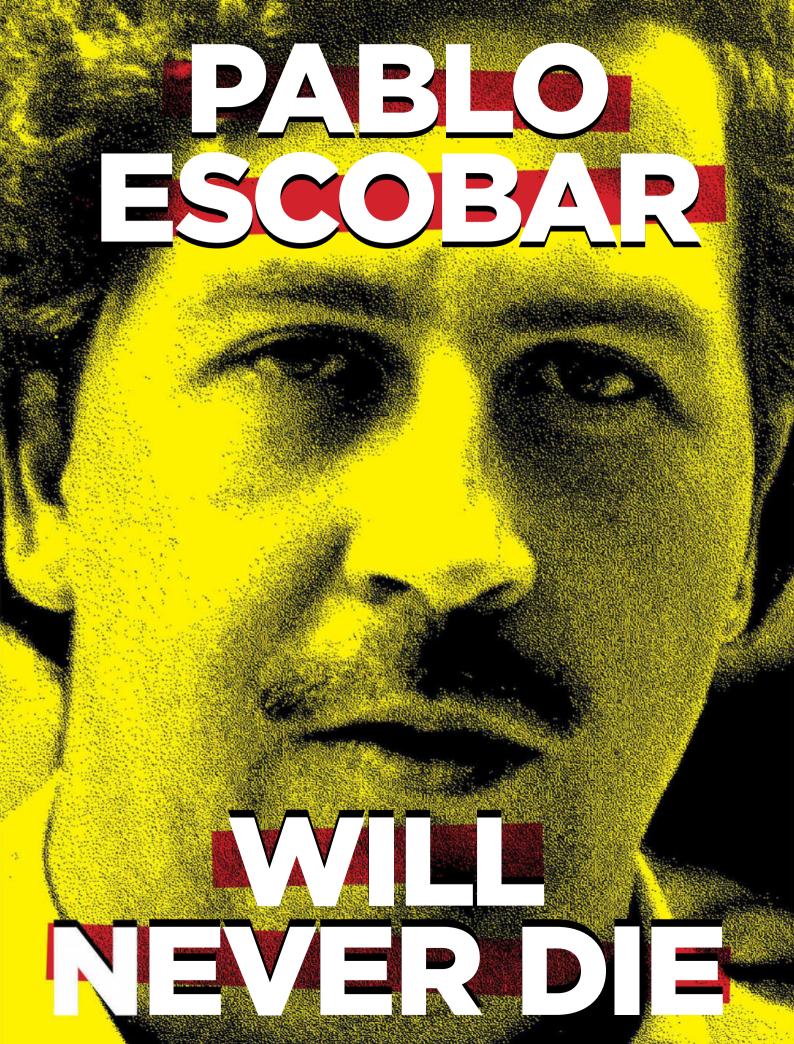


9 Denmark, \$4.7m



10 France, \$4.4m





Before 'El Chapo' Guzmán there was a cartel boss who once supplied 80 per cent of America's cocaine. Despite dying in a shoot-out in 1993, Pablo Escobar has never been more alive – in movies, in bookstores, and streaming on Netflix

Words by Jesse Katz

s dusk settles on the Magdalena Valley, the jungly middle stretch of Colombia's great river basin, the hippopotamuses bawl and snort. The indelicate groans of these multi-ton beasts border on comedic, but mostly their ruckus is a fearsome thing – a primal ritual that has churned these waters ever since Pablo Escobar imported four hippos to his narco-sanctuary, Hacienda Nápoles, in the 1980s.

The hippos came not from Africa but from America, the nation whose appetite and prohibitions would catapult the cocaine king onto the Forbes billionaires list. He went shopping for them at the International Wildlife Park, a bygone drive-through zoo outside Dallas that featured camel rides and a boxing kangaroo. For one male and three females, plus a menagerie of other exotics, Escobar reportedly paid \$2 million in cash.

Flown to Colombia on a military-grade Hercules, the hippos found paradise in the swampy heat of Hacienda Nápoles, halfway between Medellín and Bogotá. During the 7 000-acre retreat's heyday, when the fortune of cocaine was still new and wondrous and too opportune for most Colombians to question, Escobar opened Hacienda Nápoles to the public: 'Son, this zoo is the people's,' he told his eldest, Juan Pablo. 'As long as I'm alive, I'll never charge, because I like that poor people can come and see this spectacle.'

The hippos have not only survived their master but multiplied to a bloat of twenty-nine, or thirty-six, or maybe sixty. Nobody really knows.

Villains come in all shapes and sizes, but there is always something curious about evil geniuses who turn out to be less imposing than their reputations. His chins were legendary, square hunks of padded bone engulfed by a thick, doughy ring, like a man who had swallowed his travel pillow. His moustache expanded by the year, from a tight Burt Reynolds to a flowing Joseph Stalin, usually framing a distrustful smirk. His hair was long and curly and cleaved by a side part, the way lesser-known nineteenth-century American presidents wore it, and at five foot five he appeared shorter than his teenage bride and a good many of his later mistresses. Pablo Escobar – once the most hunted man on the planet – was, we can say it now, kind of a schlub.

Twenty-two years after his death, at 44, on a Medellín rooftop, where a US-Colombian posse of soldiers, sleuths, mercenaries, and rivals caught him lumbering barefoot and dishevelled across the terracotta, that fleshy image has never held more currency, in Colombia or abroad.

Alive, Escobar was a murderer and a philanthropist, a kidnapper and a congressman, a populist antihero who corrupted the institutions that tried to contain him and slaughtered thousands of compatriots who got in his way. Safely in the grave, he has spawned an entertainment-industrial complex – movies, books, soap operas, souvenirs – his legacy as impossible to repress as the frisky hippos he left behind.

To see what makes this posthumous industry tick, I embark on a Escobar

manhunt of my own: a search for the ghost that nearly destroyed Colombia, now a product too profitable to forget.

igning up for one of Medellín's competing Escobar tours, I catch the Nissan Urvan, a twelve-seater with tinted windows, that departs from the Exito supermarket at 8:30 every morning. It appears to have *Escobar* stencilled on the windshield, but a double-take shows that to be *escolar*: we are visiting the drug lord's landmarks in a school bus.

For about R400 in Colombian pesos, I join a crossroads of Germans, Argentines, Canadians, and Australians as our matronly guide, Doris, takes her seat atop an ice chest. For the rest of the morning, Doris runs through a rehearsed account of Pablo's greatest hits: he ordered the killing of prosecutors, editors, presidential candidates. He had Colombia's equivalent of FBI headquarters dynamited and financed a raid that massacred half the Supreme Court. He offered a bounty on police that turned Medellín's slum dwellers into an army of sicarios, annihilating 500 officers. His henchmen blew a jet out of the sky. 'That's the way, guys,' Doris says, 'how Pablo used to be.'

We head to Montesacro Gardens, the cemetery where thousands of mourners, overcome with grief and disbelief, flocked for Pablo's burial. Given his insane wealth – he supposedly spent \$2 500 a month >>>

Pablo Escobar was a murderer and a philanthropist, a kidnapper and a congressman



on rubber bands just to hold his cash together – it became popular to speculate that Pablo was having the last laugh, living out his days in disguise. 'It really makes sense,' says Doris, 'and everybody thought the same.'

To settle those rumours, the Escobar family exhumed his corpse in 2006 for DNA testing; you can go to YouTube and watch his skull, a smidge of moustache still affixed, rising from the unsettled loam.

The grass around Escobar's grave site has been stomped bare. The plot, which he shares with his parents, is a minimalist quad of white garden pebbles. One of his sisters supplies the rocks, hundreds of kilos a year, so visitors can pocket a memento.

Before we board the minibus again,
Doris puts out a spread of DVDs and
stickers: a pop-up gift shop. Whatever
we purchase will be autographed by
Roberto Escobar – elder brother, former
bagman – who is at this moment awaiting
our visit. The discs include the fine ESPN
documentary *The Two Escobars*, encased in
a homemade sleeve and retitled *The King of Coke*. I buy it for about \$4. Doris assures us
that the money is not for Roberto but for
his charitable foundation. A horseman
in his youth, Roberto claims to have
discovered, through years of treating
equine viruses, a cure – *eureka*! – for AIDS.

We skip the stone townhouse where Escobar was felled, a for-sale sign blocking the window, and zip to Roberto's place. He lives in the leafy hills above the tourist district, at the end of a steep driveway, behind towering walls topped with glass shards. When the gate swings open, we pull up to a two-storey brick villa, a shrine to 'a good soul with a vision for the future,' as Roberto has written of his brother.

Our host emerges in a turquoise Polo shirt and black Polo jeans, squinting from behind thick rectangular glasses. At 68, Roberto is sturdy and sharp, but hobbled still from a letter bomb delivered to his jail cell during the dozen years he served for conspiracy. The explosion cost him half his hearing and, even after twenty-seven surgeries, much of his sight. He signs our purchases with a Sharpie, then adds a fingerprint for authenticity.

'I want to thank you all for visiting,' Roberto says. 'Ésta es su casa - this is your house,' Doris translates. 'You can come back anytime - with money!'

fter Escobar's demise, Hacienda Nápoles fell into ruins, a grotesquerie picked apart by looters. Many animals died. Some were stolen, a few rescued. Only the hippos –

The zoo fell into ruins, a grotesquerie picked apart by looters

too ornery, too impervious – thrived as the ranch devolved back to nature. Their progeny today is the centrepiece of the governmentsanctioned Theme Park Hacienda Nápoles, part ecotourism experiment, part culturalreclamation scheme.

A hippo-themed restaurant stands above the artichoke-hued reservoir that Pablo first dredged; a hollowed-out hippo sculpture invites photo ops within its open jaw. Closer to the water, a piped-in recording credits the theme park with having devised 'an audacious rescue and conservation plan,' which keeps Hippo Lake's dozens of inhabitants 'safe and in view of our visitors.'

Although barbed wire appears to enclose the seventeen-acre basin, I would learn that the creatures soaking here are captives of habit, confined only to the extent they choose to be. 'Nobody's ever been able to capture them – or even tried,' general manager Oberdan Martínez tells me. 'You could say they're free.'

The commodification of Pablo is an awkward development for many Colombians, having struggled for a generation to overcome the collective trauma he visited on them. With his Faustian slogan *plata o plomo* – accept the bribe or get pumped full of lead – he turned Medellín into the murder capital of the world (6 349 killings in 1991), a badland no right-minded tourist would have visited, and pushed Colombia to

the brink of a brutal narcocracy.

Given a choice, the country would prefer that we behold all that has changed since the Medellín Cartel's collapse: a surging middle class, a plummeting murder rate, a flood of vacationers lured by the government's promise that 'the only risk is wanting to stay.' Starbucks entered the market last year. Mark Zuckerberg showed up to expand internet access. The previous Miss Universe, Paulina Vega, has chided anyone who would paint her homeland in tired clichés. 'We are now at one of the best points,' she says, 'of the whole history.' But the same opportunism that fuelled Pablo's empire is not about to let Colombians forgo mining his story now,





no matter how crass or artful, macabre or sanitised the telling.

Pablo's son, Juan Pablo Escobar, has written a book. So has Pablo's sister Alba Marina. Pablo's sister Luz Maria has also written one, though she has delayed publishing hers, she told me, while she shops it for a movie deal. Pablo's brother Roberto has written two books, the first already pursued by Oliver Stone – one of several long-gestating Hollywood projects. Javier Bardem and John Leguizamo have both been cast to play Pablo in competing biopics, a genre deftly spoofed by HBO's *Entourage*, while Benicio Del Toro recently portrayed him in *Escobar: Paradise Lost*.

Netflix launched *Narcos*, a ten-episode series based on two DEA agents featured in the Mark Bowden best-seller *Killing Pablo*. Also on Netflix is *El Patrón del Mal* ("The Boss of Evil") – a seventy-four-episode telenovela tracing Pablo's wide trail of

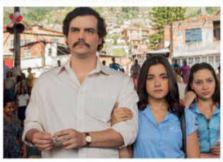
destruction – the most viewed premiere in Colombian history. To inhabit El Patrón, actor Andrés Parra devoured every Escobar book and documentary he could find. He filled his phone with Pablo's voice. He even visited a psychologist for insight into Pablo's contradictory aspirations, the way his ruthlessness co-existed with generosity, even benevolence.

'Escobar should be a required course in our schools,' says Parra, meeting me at his Bogotá office in skintight bicycle gear, having had to labour post-Pablo to shed almost eighty pounds. 'Everything runs through him, like a spinal column: politics, sports, fame, fortune, the modern history of our country.'

Few outlaws, anywhere, have wielded more power over their own state. Its judicial mechanisms too fragile to restrain him, Colombia vowed to deliver Escobar to US authorities, assuming he could be captured; Pablo, fashioning himself a patriot, first offered to pay off Colombia's multi-billion-dollar debt, then terrorised the nation into adopting a new constitution that banned extradition. On that assurance, Escobar agreed to surrender, building himself a five-star prison - La Catedral - on a scenic Medellín hilltop. He stayed there for just over a year, with a disco and a bar and a parade of busty beauty queens, until an embarrassed Colombian government tried to relocate him to a real lockup. As the army moved in, Escobar slipped out the back.







From top: Escobar played by Andrés Parra, Benicio Del Toro, and Wagner Moura

a \$10 million price on his head, and as he grew more isolated and desperate, the government used his children as bait. Vigilantes bombed the apartment tower where Juan Pablo and his baby sister lived with their mother, Maria Victoria Henao, whose loyalty allowed Escobar to pose as a family man. Police moved them to a guarded hotel while covert US operatives, sweeping the skies for wireless signals, cinched the dragnet. Juan Pablo pleaded with his father not to call again. The next time the phone rang, a reporter was bearing the inevitable news.

'Whoever killed him, I'm going to kill you fucking bastards myself!' Juan Pablo blurted on live radio. He was 16.

In the chaotic aftermath, as gun-toting police mugged for pictures with Pablo's corpse. Juan Pablo tried to retract the threat. But the damage was done, and for much of Colombia his image as the petulant heir to the Medellín Cartel was cemented. If he was to survive, the family would have to flee. One embassy after another refused them visas. He turned to the Red Cross, the United Nations, 'Never in my life had I felt like an alien on this planet,' Juan Pablo tells me in Argentina, where he eventually landed. To secure his exit papers, the young patriarch needed a new identity. Given only minutes, Juan Pablo flipped through a phone book, settling on Sebastián Marroquín: a Colombian everyman.

Even under his adopted name, in his adopted country, Juan Pablo was never far from his father's shadow – from the expectation, he says, that 'I would convert myself into Pablo Escobar 2.0.' As Juan Pablo grew up, becoming an architect, a husband, a father, he kept asking himself who Pablo Escobar's son should be, how he was supposed to live with such a ruinous legacy.

It was a question that in many ways pertained to all of Colombia, its deep internal wounds still inducing something akin to cultural PTSD: what to remember, what to forget, what to romanticise and stigmatise, what to excavate and appraise and peddle.

After a decade of exile, Juan Pablo composed a letter to the children of his father's most eminent victims – the sons of an ambushed presidential candidate, of a slain justice minister – begging forgiveness and asking to meet. From these reunions, the documentary *Sins of My Father* was born.

When the movie screened at Sundance in 2010, Juan Pablo received an invitation to attend. He says the US embassy in Buenos Aires awarded him a visa; >>

As he grew more isolated and desperate, the government started using his children as bait

hot once in the head, then again in the heart, Pepe the hippo staggered and crumpled. As he writhed on his side, two more .375-caliber Holland & Holland Magnum cartridges, a classic weapon of the big-game hunter's arsenal, were dispatched into his bulges and folds. The marksmen were a father-son team, proprietors of Colombia's only Porsche franchise; they arrived with their own taxidermist.

The hunt for Pepe, in 2009, was the first hint that Pablo's hippos were beyond the Theme Park Hacienda Nápoles's control. Alphas rule the species; they keep harems and expel competitors. It was thus that Pepe, ostracised from Hippo Lake, shambled out right through the barbed wire and down the river valley, surfacing in a farming village hours away. Stressed and confused, he bulldozed crops and brutalised cattle, menacing fishermen

along the mighty Magdalena. Colombian authorities looked everywhere for a zoo that would take him, but none wanted the risk or expense.

Biologically, the decision to eliminate Pepe – an invasive species run amok – was not hard to justify. It might have gone off without a hitch, too, if a photo of his fresh carcass, surrounded by the grinning army troops who cordoned off the area, had not landed in the newspapers. In a country eager to turn the page on its bloody past, the image of a hippo slaughter became a PR catastrophe, a lone tubby beast versus a state that solves everything with violence.

n the day a bullet entered his right temple, Pablo Escobar kept calling his son, lingering on the phone longer than was safe. He had been on the run ever since ditching La Catedral, Seeking more commercial ways to reckon with his patrimony, Juan Pablo has detoured into fashion. He runs a brand, Escobar Henao, in an unmarked Medellín factory, transforming T-shirts into \$95 'flags of peace.' The shirts reproduce mundane artefacts of his father's identity, most with puckish pre-narco photos, while also challenging those images with handwritten appeals to self-reflection. 'We Colombians unfortunately have a tendency to cover up our errors,' chief designer Fredy Bedoya tells me. 'We need to face them.'

For all the rationalisation mustered, Juan Pablo's brand remains strictly an export. Denounced by the families of his father's victims – one compared the garments to 'commercialising Hitler' – Escobar Henao is not sold in Colombia.

edellín is Colombia's Shangri-la, a deep semitropical bowl crowned by misty emerald bluffs, and yet its steepest inclines, like those of Rio or La Paz, have sprouted a jumble of shantytowns, where the poor look down on the rich. Barrio Pablo Escobar clings to the northeastern slopes, the most enduring reminder that not every deed of his was destructive. When a hillside garbage dump burst into flames thirty years ago, exposing the misery of the city's scavenging class, Escobar shamed the elite by developing a 400-home tract for the refugees: Medellín Without Slums. The new residents insisted on naming it after him.

Barrio Pablo Escobar today remains a defiant presence, a name city leaders still refuse to acknowledge even as its population has swelled past 16 000. Other marginalised neighbourhoods have received infusions of creative investment - an aerial tram, a 384-metre outdoor escalator - which helped Medellín earn a worldwide Innovative City of the Year award. Not Barrio Pablo Escobar. The neighbourhood council president, Wberny Zabala, recalls a former Medellín mayor hinting that a name change could beget civic improvements. That inspired Zabala to spray-paint a giant 'welcome to Barrio Pablo Escobar' mural. 'You don't sell loyalty,' he tells me, as I struggle to keep pace on the vertiginous paths.

If there were money, Zabala would commission a bronze statue, to ensure that time never erases the community's origins. As it is, a different kind of artistic endeavour has already entered

Robin Hood - or just a robbing hood?

Pablo Escobar played many contradictory roles in Colombian life. Artist Esteban Zapata cast figurines of the kingpin's multiple personalities, letting Colombians choose how to remember him



THE POLITICIAN
Seeking respectability for his smuggling operation, Pablo briefly entered politics, winning election to congress. The position came with a convenient perk: full judicial immunity.



THE BENEFACTOR
Although Pablo didn't just steal from the rich - he kidnapped and assassinated, too - he did give to the poor. In Medellín's slums, his Robin Hood-ish philanthropy still dwarfs his crimes.



THE COMMONER
A child of rural poverty,
without a formal education,
Pablo embodied the dreams
of the frustrated labouring
classes – with illicit billions
to threaten Colombia's
oligarchy. – Jesse Katz

neighbourhood lore. A young Medellín art student, Esteban Zapata, won a grant a few years back to craft a series of Escobar figurines, each with a distinct identity: commando, rapper, politician, and so on. 'It seemed to me that the image of Pablo Escobar was in transition,' says Zapata, removing each model from bubble wrap with white cotton gloves. 'My little strategy was to see how can I verify if the image of Pablo Escobar has the potential to be a saint.'

The pieces, cast in fibreglass, stand nine-inches tall, the feet anchored on tiny pedestals. They all have a similarly pale, expressionless face, most with the same dapper moustache, yet no matter the guise, each is unmistakably him. The statuettes landed Zapata in Medellín's most important museum, but he was determined to investigate their 'social uses', to put them in people's hands. So he brought plaster versions to Barrio Pablo Escobar. Convening a group of old-timers, Zapata asked his hosts to choose whichever model spoke to them. When he returned a week later, Zapata discovered that his art had ascended to iconography: Colombia's most vilified citizen was standing sentry over altars and shrines, occupying the same venerated space as baby Jesuses and virgin mothers.

While hiking Barrio Pablo Escobar's labyrinth of staircases, past corrugated tin roofs tamped down by bricks and drainage spouts doubling as clotheslines, I wind up in the living room of Lus Mere Valencia, a 59-year-old health-care worker who had selected a Robin Hood figurine (Escobar in green tunic and red tights) – and there it still is, alongside a heart-shaped Mickey Mouse platter and a ceramic Santa Claus.

'He did for us what no government ever did,' says Valencia, recounting her escape from the humiliation of the rubbish heap. His munificence was so transformative, it has allowed her to overlook his nefarious deeds, even to deny the fact of his mortality. 'We still have that illusion in our hearts that our benefactor is alive, an illusion that's still not extinguished,' she says. 'No, no, no, no, no, it's not. Ha! Maybe that's not logical, but for us it is.'

t the height of the manhunt, Pablo was often forced to live as a refugee himself. He retreated to the jungle, trudging through the peat, drinking from lakes. Or he would surface in the city, bedraggled, his untamed appearance allowing him to hide in plain sight. I return to Hacienda Nápoles for an after-hours peek. We lurch up knolls and down ravines. Suddenly, on the fringes of Escobar's hideaway, I am staring at the most dangerous mammal on earth. We leap out for a closer look. But by the time our eyes have adjusted, the hippo has vanished.

Check out our mob style guide at **GQ.co.za**







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be good(ish)

17 ways to eat, give, ponder, live, and feel like a better human being

ou want to be a decent person. We know you do.
But the world's confusing.
Everything you do – buying chicken, driving a car,
watching free porn videos on your laptop – seems to be morally perilous. Who do you ask if it's good or bad to use Uber?

Or whether you should support beggars at the traffic intersection? If only there were a few simple rules to follow, some smart people to guide you. Well, we have assembled just such a group of wise men and women. And here they answer our most burning questions to help us live better(ish). - Devin Friedman

IF A CHICKEN, A PIG AND A COW WALK INTO A BAR, WHICH ONE IS THE BEST (MORALLY) TO EAT?



I'd always assumed that eating cows is worst (or, least good-ish), eating pigs is a bit less bad, and

eating chickens is basically harmless. It turns out that I had it backward. According to Aaron Gross, founder of Farm Forward and expert in all things meat-and-environment, it's difficult to be an environmentally responsible consumer of beef and pork. Still, if you eat 100 per cent grass-fed, you at least reduce the fossil-fuel expenditure required to produce every pound of beef raised in a torturous feedlot. But with chicken, it's impossible. We messed with the genetics of chickens in the '40s to make them bloated and meaty. Nearly all chickens currently in existence even ones cage-free raised on an ashram by kittens - need antibiotics. And the poultry industry is a breeding ground for antibiotic-resistant bacteria and avian flu, the latter wiping out wild bird populations. And if you care about animals, 'the conditions that chickens and pigs are kept in on factory farms are far worse than those of cows,' says William MacAskill, philosopher and author of Doing Good Better: How Effective Altruism Can Help You Make a Difference. - Ben Dolnick

So what you're saying is, I can eat meat and still be a good person, right?

• It depends on whether you care about causing other beings to feel pain and psychic misery. Bruce Friedrich, director of policy and advocacy at Farm Sanctuary, says a good rule of thumb is whether you'd torture and kill your golden retriever.

Because, he says, the animals we happily gnaw on are every bit as sophisticated and pain-averse as the ones that cuddle up with us on the couch at night. The way he sees it, eating meat is for pleasure. Is that worth cruelty? His answer is no. - BD





• Yes. Elie Hassenfeld and Holden Karnofsky were two 25-year-old hedge-fund analysts who created an organisation called GiveWell in 2007. At the time, the charity-rating racket used very crude, totally

un-Silicon-Valley-worthy metrics: CEO pay, marketing budgets, etc. But at GiveWell, they were from the data generation, and they set their minds to work. They learned some things. First: they believe that the most effective giving focuses on the poorest people on earth. In fact, you can so profoundly help many more truly poor people in the world per rand that GiveWell stopped even assessing charities that do work in America. - Chris Cohen

Here are its top-rated charities

Against Malaria Foundation

Malaria is a data geek's perfect problem: widespread, devastating, cheap to prevent. With a R60 bed net. the odds of getting the disease go down 50 per cent. Against Malaria Foundation is the most effective.

GiveDirectly

Based on the idea that the best judges of the needs of poor people are poor people themselves, GiveDirectly distributes 87 per cent of its budget via cellphone transfers to people in Kenya and Uganda. It's shown to have a dramatic impact on their quality of life.

Deworm the World **Initiative and Schistosomiasis Control Initiative**

GiveWell discovered that eradicating parasites in kids was even more beneficial to future income than giving kids books.

Innovate

Keep it in the Mzansi family with this charity that facilitates youth entrepreneurship and creative thinking. Initiatives provide skills in design, coding, and communications solutions.

SHOULD I GIVE TO BEGGARS?

'No, not if it would displace a more effective donation. (But if it's that or a latte, feel free.)'

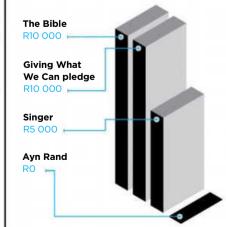
- Peter Singer, ethicist and author of The Most Good You Can Do

DO I HAVE TO BUY **ETHICAL COFFEE? IT'S R90** A BAG!

Ethical consumerism is badly confused. Buying only Fair Trade coffee or avoiding clothes made in sweatshops - that achieves very little. Yes, conditions in sweatshops are horrific. But extreme poverty is so unimaginably extreme that sweatshop jobs are actually the good ones. The alternative is unemployment, prostitution, starvation. And Fair Trade licences are difficult to get, so that most Fair Trade coffee comes from middle-income countries like Mexico. It's better to just buy from the poorest countries and donate what you save. - William Macaskill, as told to Andrew Goldman

Should I donate a part of my salary?

 Here we chart how much of R100 000 you should give away to charities, according to the Bible, a British nonprofit organisation, Princeton philosopher Peter Singer and Ayn Rand. - cc



MORALITY OFFSETS

- You're not always going to be good. We know. So just as you can assuage your guilt for worsening the fate of the planet when you fly to Tahiti with carbon offsets. we help you feel better after committing common trespasses against morality.
- You bought and cooked a factory-farmedchicken breast for dinner.
- Set your hipster neighbour's chickens free Fly, Artemis! Otherwise just o vegetarian or a week.
- You blamed a fart on the dog.
- responsibility for the poop on the rug.
- You 'accidentally' hunted Zimbabwe's beloved lion.
- Join the Peace Corps for two years, motherfucker.
- Seemingly invincible in vour iob at a white-shoe law firm, you are arrested for drunk driving.
- Coach an under-13 hockey team. You will teach them about hockey, but they will
- Thanks to a series of greedy and shortsighted decisions, vou destroyed the economy
- You don't correct your grandma when she says something really racist.
- No offset required. One day President Julius Malema will redistribute your wealth.
- Show up late to her funeral.



HOW CAN I BE A **GOOD JEW EVEN WHEN** I'M NOT **JEWISH?**

► RABBI **JONATHAN BLAKE** of the Westchester Reform Temple in Scarsdale, New York, weighs in

on our contemporary (and eternal) quandaries.

Does one have to believe in God?

I don't think you have to believe in God You know when I was a kid, I resisted the idea of God, and my dad always said: it's not really important whether or not you believe in God, but the way you live can demonstrate that God believes in you. I thought that was like a very elegant one-line sermon.

So what should you do to show that God believes in you?

One of the best things a person can do in the direction of self-improvement is to cultivate a discipline of gratitude. Not only should gratitude be a spontaneous reaction: it should also be a practicable discipline. And it's important to making the world a better place, because being grateful creates mindfulness, which soothes the self but also leads you to the question: how can I give others the chance to experience this blessing, too? That's generosity. In traditional Judaism, the wisdom is that

one should recite a hundred blessings a day. For most of us, it's more of a metaphor for how you can go about your life, incorporating thanks - not just as something you say. Even to step outside on a beautiful day and sav. 'I'm so grateful.'

Can I text while I'm at a stoplight?

One of my favourite teachings is in the twenty-fourth chapter of the Book of Exodus, where God says to Moses, 'Come on up the mountain and be there.' And that's the danger of the modern spiritual condition: that you might have attained the very summit of the mountain. but your head or your heart beats somewhere else. Distraction is a kind of spiritual injury. But God knows, it's a constant battle, and I'd be lying if I said I wasn't fighting it along with all of my congregants every single day.

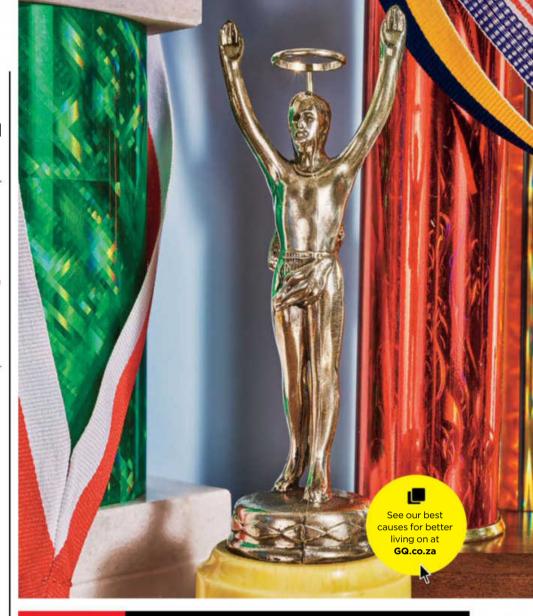
Am I allowed to sub-tweet?

Now you are my teacher - you have to explain what that is.

Oh, it's when you're talking about somebody on **Twitter without** using their handle.

No, you cannot sub-tweet.

- Taffy Brodesser-Akner



SHOULD I GIVE MY MONEY TO MY **ALMA MATER?** Yes, if you want to establish a permanent hereditary overclass. Consider Malcolm Gladwell's riposte to hedge-funder John Paulson's \$400 million donation to Harvard: he compared it to volunteering at the Hermès boutique.

CAN I BUY WEED **THAT DOESN'T FUND CARTELS** THAT BEHEAD **CHILDREN?**

• Travelling soon? In many US states, you can now buy weed that's local and doesn't underwrite drug gangs. Marijuana retailer Nick Hice explains how to tell the good from the evil. - Lauren Larson

Damp, mildewy smell

If it smells like wet hay, it wasn't properly dried before packagine

Seeds

Regulated growers pull out the male plants, which have no effect - medicinal or otherwise.

Compressed

Weed often gets

smushed when

it's smuggled

across borders

You'll see more stems in nonregulated weed. Regulated growers harvest only the flowers

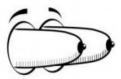
Stems

Brownish colour

Ideally your weed should have a vibrant green colour.

12

CAN I WATCH PORN ETHICALLY?



▶ We're agnostic about whether or not you should be watching porn. But to determine whether there's a non-dirty (while still being, like, dirty) way to consume it, we found ourselves a team of top adult film industry professionals to help us with some guidelines.

ERIKA LUST, EROTIC

1. Be a responsible consumer.

VEX ASHLEY, PORNOGRAPHER/ PERFORMER, SAYS: 2. Pay for it.

STOYA, PORNOGRAPHER, SAYS:

3. If it's gotta be free, use torrents.

LUST SAYS:

4. Use more body parts.

'Ask, "Where does it come from? How was it made?"

'Tube content is unethical, because it's mostly stolen.'

'Torrent sites say,
"Information
should be free!"
Tube sites say,
"Well, they're
just whores."

'Don't only choose with the cock. Choose with the heart also.'

13

Can I be rich and still be a good person?



William MacAskill (see 1 and 6) argues that it's okay to be a one-per center – as long as you're giving your money away:
 'I helped found a movement

'I helped found a movement called Effective Altruism: and the ethos is that you should use your time and money as effectively as possible. Sounds simple, but people trying to be good often lack the information to know whether they're also being smart. When we rely on data to guide us - and not just rosy idealism we end up reaching wiser, and surprising, conclusions about how to make a difference. Like when it comes to careers, for instance, you don't have to work for a nonprofit to save the world, especially when you consider that a significant majority of social programmes, when tested, turn out to have no impact. You might instead use the strategy I call "earning to give", which is where

you pursue a high-earning career, one that maybe doesn't innately have a massive impact, but where you can do a lot of good by targeting a portion of your earnings to the most effective charities. For example, as a doctor you might assume you could do the most good by working in the poorest countries. Yes, you might be doing life-saving surgeries, but if you weren't doing them, someone else would be there in your place. You could actually do more good by staying in a rich country, targeting your donations to effective charities. Since cosmetic surgeons can earn double what, for instance, oncologists do, you'd likely do the absolute most good by getting into a field like plastic surgery and donating the difference between the salaries of those specialties.'

- As told to Andrew Goldman

WHICH ORGAN SHOULD I DONATE?

• If you're a dead donor, all of them. If you're a live donor, a kidney. Right now, more than 4 300 South Africans are waiting for a healthy waste-remover. You have two, so quit being greedy.

SHOULD I TELL EVERYONE HOW GENEROUS I AM?

Not according to this anonymous patron, who has committed to giving the ACLU \$250 000 a year for the rest of his life. First of all, there's the selfish part. If you give to a notable organisation, it becomes public. That's like an advertisement for other people to start soliciting you. Number two: it's also more efficient this way. Charities spend a lot of time and money organising cocktail parties for the donors - how much money does that cost? The real reason to keep mum is that if you really want to do something altruistic, taking away the glory purifies your motivations.

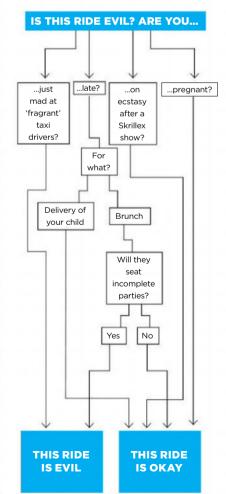
- As told to Maggie Lang

16 HOW CAN I BE GOOD IN BED?

- Men get into problems post-coitally when they say sweet things so we'll think they're good dudes. Which makes you an asshole. Don't be the neighbour who says, 'Hey, you can use my Jacuzzi anytime!' if you don't actually mean it. (By 'use my Jacuzzi' we mean have an actual relationship.) Point is: never lie about your Jacuzzi.
- Julieanne Smolinski

Can I use Uber and still be a good person?

• Well, Uber's the company that contemplated punishing female journalists by leaking damaging information about them and is regularly under fire/subject to fines around the world. On the other hand, it's so useful, and here in SA, it's a helluva lot more reliable than some of the other options. We're fans of the service here, but if you're overseas and weighing up the decision between hailing a metered cab or hitting your phone...







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DROPSETS

For a modern gym outfit, don't go full tech-gear but don't be too casual with the classics, either try combining the two for a fresh look. Start with a pair of techie trainers and some compression tights. The latter are designed to improve muscle movement, while offering joint support. The last bit of tech you'll need is a moisture-wicking T-shirt, then tone things down with a cotton hoodie.

Bottega Veneta blazer. **American Apparel** hoodie. Todd Snyder T-shirt. Nike tights. Salt Optics sunglasses. Aerial7 headphones. IWC watch. American Apparel hoodie. Nike sneakers

SUPPLEMENTS

Here's where lighthearted fashion into your bag, headphones the whole look

ATHLEISURE

Your old gym kit is dead weight. It's time to build a body of athletic active wear that comes with a dash of style

Words by Jason Alexander Basson. Photographs by Ben Watts

Tommy Hilfiger jacket R4 600. Country Road blazer R2 499. Puma running tights R2 299. Skullcandy headphones R999. Tudor watch R60 990*. Dot Dash sunglasses R350

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Sneakers have taken their rightful place in the upper echelons of style, mostly thanks to brands like Adidas Originals, which has made revolutionary strides in the game. Adidas brings profound innovations in engineering, as well as star collaborations with the likes of Kanye West, Yohji Yamamoto, Raf Simmons, Stella McCartney, Jeremy Scott and many more.

Our reason for heading to NYC was to witness the rise of a new legend in the sneaker world: the Adidas Originals NMD. The global unveiling took place at the Lexington Armory on 9 December and was executed via huge experimental film screens of bustling international cities. On the floor were archival installations that brought to mind both the incredible history of the brand and the future it will play in the innovation around performance technology.

The NMD itself is a lifestyle sneaker based on a technical performance runner. The midsole is elevated with Adidas Boost technology (the same you will have come to know through the Ultra Boost range), in which blown TPU pellets are compressed to create a durable, shock-resistant, responsive sole. This makes the shoe light on the foot and incredibly resilient. The upper, meanwhile, utilises a special fabric discovered in the automotive world called 'Primeknit', which boasts

unparalleled levels of flexibility and strength. In some ways, wearing the NMD is like wearing a sock.

Adidas' design team wanted to take the brand further forward into the future by taking all the best parts of archival selections and merging them with the latest breakthroughs in engineering.

After the five-shot-stiff drinks (something for which NYC bartenders

are infamous) wore off, GQ headed to the Adidas Originals global HQ to pick the brain of one of the most important men in contemporary fashion, Nic Galway – VP of global design for Adidas Originals, and the man responsible for many an iconic silhouette or star collaboration under the brand over his sixteen year tenure. Here's what he had to say about the future of sneakers.







GQ: How would you describe Adidas to somebody who doesn't know the brand that well?

Nic Galway: We have one of the longest histories as a brand and one of the biggest archives, as well as one of the most innovative track records when it comes to the use and development of materials, so we are a brand that continues to push the boundaries on that front, offering our consumer a unique window into both the past and future of footwear.

GQ: How exactly do you strike a balance between the past and future?

NG: I've been with Adidas for 16 years now, so I know the brand very well. Of course what I also know is that every shoe in the archive was a revolutionary concept at the time. So the Stan Smith, for instance, was the Boost of its time. The past creates context and also determines how far 'forward' we can go with a design. With the NMD, for instance, you notice from a distance that it's an Adidas shoe because of the colour and logo. Then you notice the context, which is that it is designed on a progression of running shoes from the archive. On closer inspection you start seeing all the futuristic design elements – the PrimeKnit upper and the Boost sole.

GQ: What are the most attractive things

NG: The innovation would be a good starting point – things like the Boost and PrimeKnit technologies – but I also believe that there's an appetite in sneaker culture now. People want to be challenged. Obviously there's a historical sentiment that attracts people to the Adidas heritage, but I think that there is a hunger for design that is out of the ordinary; that takes risks, which is exactly what the NMD offers.

GQ: Beyond grip and better motion – what other functions are we looking for shoes to fulfil in the future?

NG: It's easy to think about how we can make the shoe better, but we can also look at how to make the manufacturing process and the experience of owning a product better, so there really are many facets of functionality beyond the actual product itself. In the old days we would naturally think about how to make a shoe faster, but now it's all about using materials in new ways and improving the manufacturing process. It's also important to remember that innovation doesn't always have to be something totally new. It can also be about using the past in new ways.

GQ: So then what is the first thing you do when you start on a new design?

NG: I'm not a big fan of styling. I like to think of a problem to solve or a story to tell as a starting point. If you just sit there and draw for the sake of drawing, you're only seeing the product from one perspective. Some people are great at doing it that way, but my approach is more practical.

GQ: How long did it take you to design the NMD?

NG: I suppose the design process didn't take so long, but the entire movement from design to production, taking in the collective memory of the brand and refining it into this one product, as well as finding people within the brand that share that mind set, is a much longer process. It's different every time. It all depends on the product. I've done work on showpieces that were very quick to make from sketch to end result, whereas something like the NMD took about 12 months from first idea to an actual initial test model.

GQ: With all the collaborations you've done you must surely find your work dynamic quite challenging from time to time?

NG: We've always had a very close-knit design community. There are some people who know how every bone in the foot works, but I don't. When you bring all these people together they can challenge the way you think and add new depth to your design. Collaboration is an incredible thing and a vital part of the process.

GQ: Your previous global shoe launches have generally been very celebrity driven, but this one focused entirely on the shoe and told the story of the product, rather than the celebrity. Why this and why now?

NG: I think people like genuine products. When we put the display case of the archival product at the launch, I could tell that people were looking at it and were genuinely interested in it. In the past we might have done a few celebrity partnerships, but even these were more about genuine collaboration and product innovation. We don't do endorsements.

But brands need to gain from and contribute something valuable to the collaboration. With the NMD it was certainly very focused on the product, but even among our celebrity or designer collaborations, the emphasis is still on design and innovation. I think that's also something we are seeing a move towards in culture, hence why so many celebrities are even interested in fashion.

GQ: From my understanding there are a select number of iconic silhouettes in the brand that form the pillars of the Adidas footwear range – the Stan Smiths, the Boosts, and so on. Clearly the NMD is the next step, but why is there so much hype around this particular product?

NG: I think it's all about timing and understanding when it's the right moment. The boost material we developed we found through the automotive industry. When people try it on we always get the same response. Now is the right time – the innovation is matching the massive love we experience for the brand, and there's a lot of interest around the bolder approach we've been taking, so all the points were just converging and the time was right for a new pillar to be formed.

GQ: Do you have a favourite sneaker?

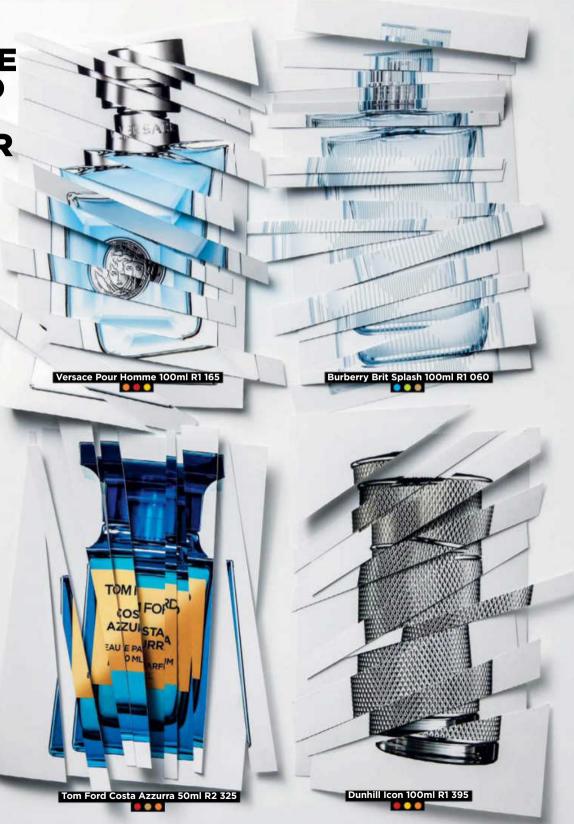
NG: The Stan Smith – it's by far the most democratic sneaker.

Handy tips: Personalised fragrances > Hints for groomed paws > Deal with ingrowns



Want to know what to look for in a cologne? Pick your favourites and beat the heat









Solid cologne

If you're looking for a pocketable solution, we may just have it

A solid state cologne is a highly concentrated wax-based cologne that fits in a pocket or blazer and can be applied to pulse points with the same effect as a few spritzes. **solidstateformen.com**

GQ HELPS YOU FIGHT TOOTH, NAIL, CUTICLE AND PALM AGAINST **ROUGH PAWS**

lame it on the women's survey we did last month and their resounding wish for better nail care. or just the personal offence I've taken shaking too many people's hands, whose maintenance is befitting of decades past. We're taking this into our own hands now. Your mitts are easily noticeable; they're what you use to open and close business transactions, greet new people and a million other things every day. Quite literally, they are your first point of contact in any interaction, and it's time you realised how damn important it is to look after them.





Tweezerman **Multi-Use Nail Tool R200**

This guy is the most essential tool out there. It's the sort of difference you notice between the man who mows his lawn and the one who has his own landscaper.



The Body Shop **Absinthe Purifying Hand** Gel 60ml R55

What's that? You rode the bus, used an ATM, shook some hands and now you're tucking into a burger for lunch? Animal clean your hands.



Nivea Q10 Plus **Anti-Age Hand** Cream R35

There's lots of summer driving going on, and while a windscreen blocks the burning rays, it lets in the aging ones, so use a hand cream that blocks both effectively.



L'Occitane One **Minute Hand Scrub 100ml R270**

We also thought we didn't need one, until we tried it. You'll seriously feel like you traded in and got new hands after one use of this brief beautiful miracle.



Lush Golden Handshake 20g R60

If you're still in the dark ages of hand care, this is a good primer. Throw it into boiling water, mix it into a goop and let your hands soak it up for 15 minutes.



Dermalogica Multivitamin Hand and **Nail Treatment** 75ml R490

If you want to splash out, Dermalogica is your best bet. Its hand cream soaks up in double the time, and holds twice the goodness.

THE BEST WAY TO KEEP **INGROWN HAIRS IN CHECK**

Protect yourself from the pimple's even uglier younger brother

Words by Stephen J Praetorius

ou can have the nicest razor, the slickest shaving cream, the cat's pyjamas of facial hair removal tools, but it doesn't matter – at some point, you're going to have to deal with an ingrown hair. The pimple's even uglier younger brother, ingrowns are apt to appear on any swath of skin that you're trying to keep clean. Be it your face, your back, your chest or (heaven forbid) your balls – any area worthy of a clean shave is in jeopardy. Lucky thing is, there are effective ways that you can reduce the risk of them popping up.



Let vour skin rest

Every time you shave, your skin's going to be irritated and inflamed for a while afterward. Make sure that you do everything in your power to minimise additional chafing on the area. For your neck, that might mean loosening your tie during the day, releasing your collar from

rubbing up against those hairs at the base of your beard. For below the belt, well, do whatever you normally would to avoid chafing.



Just stop shaving

Fact: ingrown hairs are primarily caused by your razor. Sure, a few occur naturally, but more often than not, it's the blades that pass over your skin, irritating the base of the hair or pointing the tip in an odd direction, that result in the inflamed pustule that is an ingrown. Thus,

if you'd just stop shaving, you'd have less to worry about. Or maybe more, depending how you feel about beards.



Fresh blades forever

Besides giving you a closer shave and nicking you way less often, another upside of using fresh blades in



your razor is that they're less prone to mess with your skin. And when your skin's happier, it's way less susceptible to trapping hair underneath the surface.

Bic Flex 5 R50



Refresh your post-shave routine

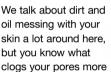
You might not realise it, but every time you drag a razor across your face, you're not only

getting rid of hair, but a bit of skin, too. Aftershave balms do a good job of moisturising, soothing irritation and making sure that your face heals up post-razor. Ingrown-specific treatments are also available; glycolic and salicylic acids help release trapped hairs. Kiehl's Ultimate Man

Razor Bump Relief 125ml R425



Exfoliate daily





than anything else? Skin. Well, dead skin, technically. Which is why it's so important to rub that skin away whenever you get the chance. A good face scrub is one way to do this. Another GQ-approved option is the Clarisonic Alpha Fit, a handy little tool that'll not only clear dead skin but soften the hair on your face for a smoother shave.

Dermalogica Daily Microfoliant 75g R930



Wait it out

Inevitably, despite your best efforts, you're going to get an ingrown, and you're going to want to yank that sucker out the moment you notice it. Don't. Give the skin some time to deal with the problem on its own, forsaking razoring in the meantime so you don't make things worse. If the ingrown is still there after a day or two, you can try using

a pair of sterilised tweezers to pull it out. Just don't go at it too hard the more you mess around, the worse the blemish will appear after you've given up.



See a professional

If things get out of hand, just suck it up and call a dermatologist. They've got tools in their arsenal that make ingrowns guake in their gross, pus-filled boots.

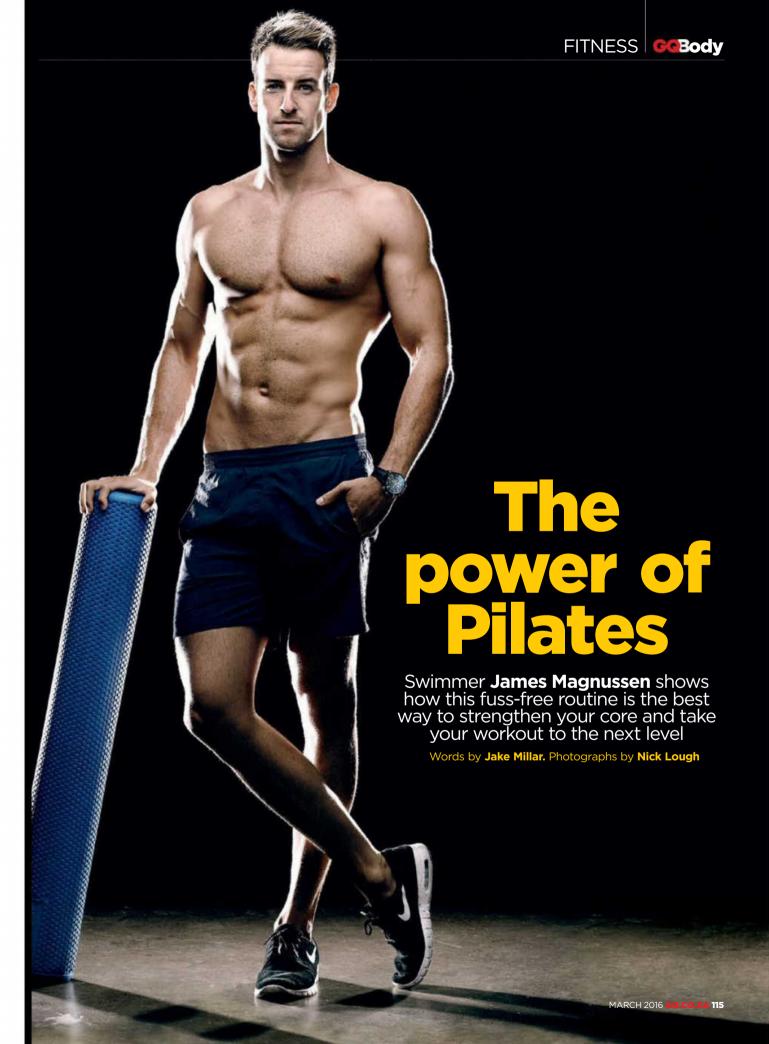
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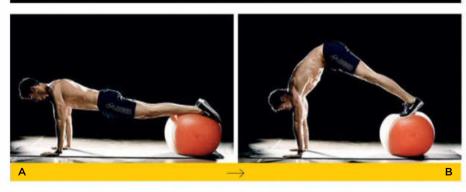
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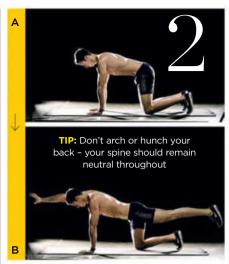


Three sets of 15 reps, with a minute rest between each set

- Start in a horizontal plank, with arms and legs straight, and feet on the ball.
- Push up into a pike position, by using your core and glute muscles to draw the ball towards your hands.
- Hold for one to two seconds.
- Return to the plank.



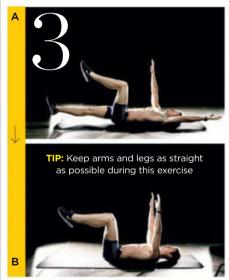
whole exercise



EXERCISE 2

Three sets of eight reps on each side, with a minute rest between each set

- Start on all fours, with legs bent, arms fully extended and back straight.
- At the same time, reach right arm out in front of you and extend left leg behind you, so there is a straight line from hand to foot.
- Hold for two seconds, using core muscles to avoid twisting your body.
- Return to the original position and repeat on the opposite side.



EXERCISE 3

Three sets of eight reps on each side, with a minute rest between each set

- Start on your back, with arms fully extended and legs at a right angle.
- At the same time, swing left arm above your head, and extend right leg, using core muscles to keep yourself from twisting your body.
- Hold for one to two seconds.
- Return to the original position and repeat on the opposite side.

4

EXERCISE 4

Repeat for each spot along your back that feels tight. Typically, Magnussen does four levels along his spine

- Lie on a mat, with hands behind your head, and place the foam roller just below shoulder blades.
- Push up with your core until there's a straight line from knees to shoulders.
- Push back with heels, until the foam roller is at a position where you feel tightness in your spine.
- Drop bum to the floor and lean back so elbows touch the mat.
- Hold tightly for one to two seconds.
- · Repeat, as required.











EXERCISE 5

Three sets of eight reps on each side, with a minute rest between each set

- Lie on your right side, with right arm fully extended, left foot crossed over the right.
- Extend left arm over head and push up with left leg, until both legs are straight.
- Keep body straight and reach left hand over your head as far

as possible. You should feel the strain through the oblique muscles on the right side of your body.

- Hold for one to two seconds.
- Return to the original position and repeat with the opposite side.

 Do this before and after a regular exercise routine. It will open up the vertebrae and allow a better range of motion. Foam rollers are available from most sports or yoga stores.

TIP

Avoid twisting your body. Keep your pelvis perpendicular to the ground during each stretch 'My whole week is planned to the minute – where I have to be and what I have to eat,' says Magnussen, whose ambassadorial role for luxury watch brand Maurice Lacroix must surely come in handy. 'I have seven swim sessions, three weights sessions in the gym and two Pilates sessions. When I'm fully fit, I swim 30km a week, and in the off-season that doubles to 60km. I enjoy Pilates because swimming is a pretty solitary sport – so it's nice to be able to talk to people.'



Fitkey: the ultimate exercise app

OKAY, SO YOU'RE READY TO TRY PILATES NOW, RIGHT?

Great. But where to go? With all the SWEAT 1 248 748s, Bounce! Gyms, sledgehammer-swinging studios, boxing clubs and temples of health popping up like ads on a porn site, you'd think it'd be easier to get in shape these days. But being overwhelmed by choice and pressured into commitment can be enough to make you to retreat back into the loving embrace of the couch. What you need is a way to avoid pushy salespeople that demand referrals (which will end your friendships, trust us), and trainers so very over-motivated you feel dead in comparison - no, you need a way to test-drive a studio to see what holds on to both your interest and your figure.

The brainchild of Americans-turned-Saffers Evan Walthers and Joshua Shimkey, Fitkey lets you do just that. Download the app, pay the R495 monthly fee, and you could be doing a new workout every day. Hit as many classes you want during the month, with a max of three per studio, at 174 studios across Cape Town, Jo'burg and Pretoria. There's no contract with either the app or the gym, and no obligation to join any one studio, either – so if variety keeps you going, this is your best bet.

Sign up at fitkey.co.za, or find it in the App Store/Google Play. ... NK The main ingredient in juice is BS

Pulping some common misconceptions around the juicing fad

Words by Marjorie Korn

t seems like evervone. everywhere, is gulping coldpressed juice packed with leafy greens and big promises. But it turns out that this crazy-expensive salad water isn't doing our bodies many favours.

We desperately wanted to believe in the coldpressed-juice craze. At first, each bottle seemed like a big nutrient-packed leap in the direction of our Jetsonian food-pill future, but with all the delicious fruit-and-veggie flavour still intact. So we're very sorry to report that those fancy juices lining the coolers of your favourite lunch spot are actually hijacking your wallet, polluting the environment. and probably making you fatter. But more specifically...

Juice skips the good part Each bottle of kale-gingerwhatever requires several kilograms of produce, which has been pulverised to squeeze the liquid from the weighty, fibrous pulp. But here's the thing: fibre is a crucial benefit of fruits and vegetables. 'Fibre keeps you regular, clears cholesterol out of your system, Check out GQ's maintains smoothie recipe book on blood-sugar GQ.co.za levels, and helps prevent food

A healthier way of juicing

There's an alternative to buying juices - it involves a blender at home. Try this smoothie recipe (from Steven Satterfield, a veggie-loving executive chef).

- 2 cups greens (rocket, kale, spinach, or a mix)
- 1/2 cup frozen blue fruit (blueberries, blackberries, or a mix)
- 1/2 cup frozen red fruit (strawberries, raspberries)
- 1/2 cup frozen yellow/orange fruit (peaches, mangoes, pineapple)
- 11/2 cups unsweetened milk alternative (preferably flax or hemp milk)
- 3 tbsp unsweetened organic hemp protein powder

cravings and

energy crashes,'

explains Danielle

LaFata, a former

US Men's Soccer

Team. So if you're

missing out on all

are you drinking?

You're drinking

example, a 500ml

Tropical Greens

smoothie from

Kauai contains

48g of sugar -

a 500ml bottle of

Coke has about

44g. Divorced

from tough-to-

digest fibre, the

straight into your

sugar dumps

bloodstream.

pricey sugar

To cite one

that stuff, what

dietitian for the

So that's why you feel euphoric after downing a juice - it's not a health kick. it's a sugar high.

Vitamins don't work that wav

Say you buy a bottle of green juice which claims to have 50 per cent of your daily vitamin A requirement. The problem is that fat-soluble vitamins like A need to be consumed with fat for your body to efficiently absorb them.

'Green' iuice ain't so green

For a supposedly feel-good product, bottled juice can be astoundingly eco-crappy, what with all the plastic packaging, cooling, and tossed-off pulp. Still determined to glug your veggies? It's more nutritious, cheaper, and less wasteful to blend up a smoothie at home. Or man up and chew your salad. 🔯



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WATCH THIS!

Streaming TV is here, for real. Here's what to add to your playlist

Words by Christopher Mc Arthur and Nkosiyati Khumalo

o more complicated proxy services, no more masking your IP address or any other CIA-level hacks - satellite-free TV is finally, properly available in SA. Though there are new services popping up every day, we scoured the top two contenders - locally brewed ShowMax and

newly arrived Netflix - to see what series are actually worth starting/catching up on. Get yourself an uncapped data connection, and get to watching.

SHOWMAX

Catch up on...



THE LATE **LATE SHOW** (comedy/talk)

Like Carpool Karaoke? There's more James Corden greatness where that came from.

VIKINGS



SHAMELESS (comedy/drama)

A family so dysfunctional, they'll make yours seem like the Brady Bunch.

LUTHER (crime drama) You'll get a man crush

on Idris Elba as a relentless detective fighting against the evils of London.



showmax.com



NETFLIX

...and start watching



MASTER OF NONE

(comedy) Aziz Ansari's original series, where he (finally!) stars as kinda-but-not-really version of himself with whom you'll both laugh and identify.

NARCOS

(action/drama)

The highs and lows of the drug war in central America, started by one man: Pablo Escobar (hiding out on page 84).



WET HOT AMERICAN SUMMER: FIRST DAY OF CAMP (comedy)

Comedy royalty spend one wild summer at camp in this prequel series to the film.

MAKING A MURDERER

(documentary)

The new Serial: a 10-part docuseries

on the murderaccused Steven Avery.

JESSICA JONES

Nerdgasm central -Krysten Ritter stars as Marvel's original badass babe.



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